Better Homes and Gardens®

Luscious Bread Puddings
Page 115

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get organized!

50+ Ways to
- Pare Down
- Cut Clutter
- Store More

Super-Easy Orchids

Quick, Healthy Meals From Your Pantry

6 Numbers Every Woman Should Know

> Smart Ideas for Small Rooms Page 27

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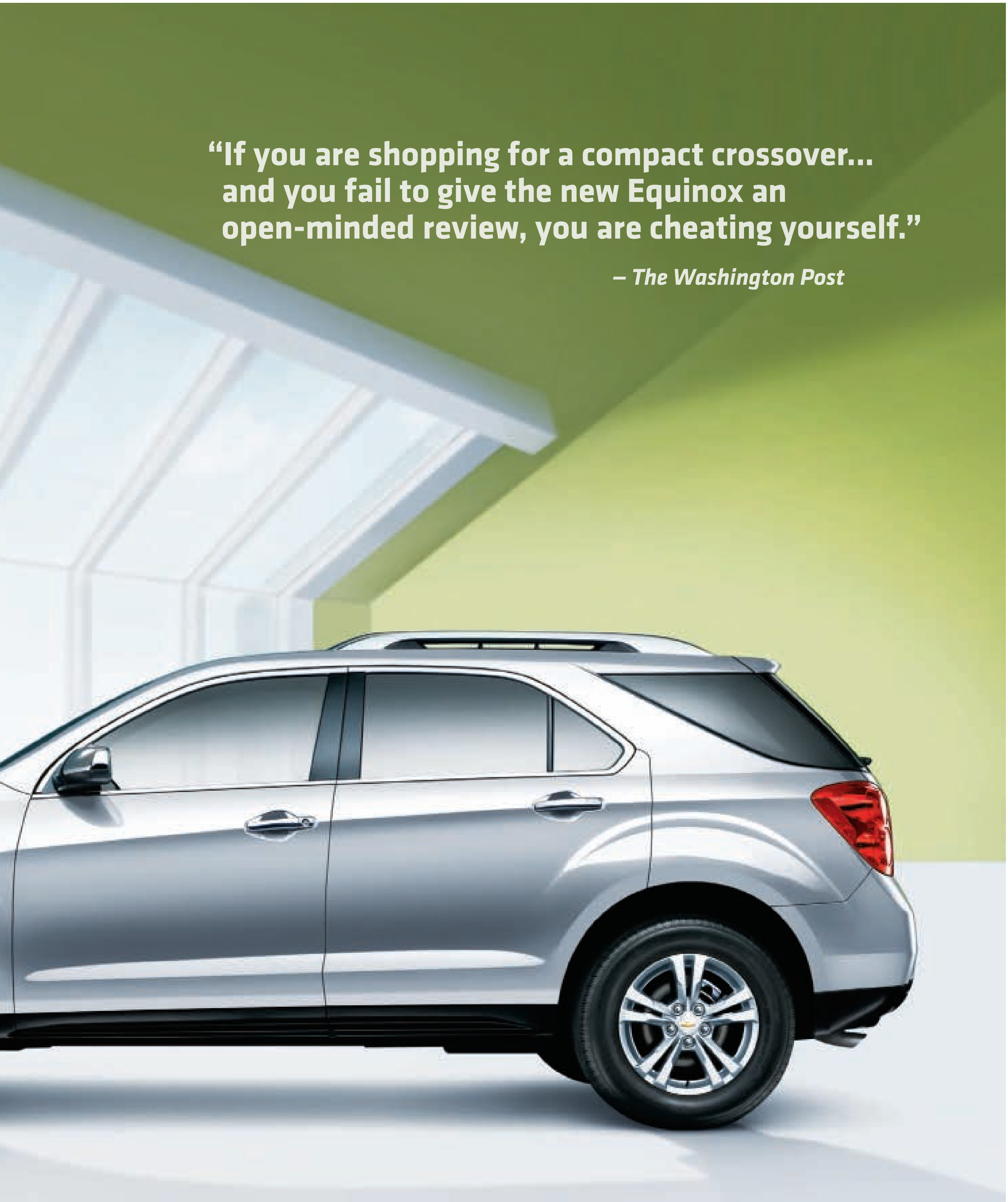
	ALL NEW CHEVY EQUINOX	2010 HONDA CR-V	2010 TOYOTA RAV4	2010 FORD ESCAPE HYBRID
HWY. FUEL ECONOMY[1]	32 MPG	28 MPG	28 MPG	31 MPG
MAXIMUM HWY. DRIVING RANGE	600 MILES	428 MILES	445 MILES	468 MILES
5-STAR FRONTAL/	✓	TO BE TESTED	5-STAR DRIVER, 4-STAR FRONT PASSENGER	✓
SIDE-IMPACT CRASH SAFETY RATINGS[2]	✓	✓	✓	✓
ONSTAR[3] W/ AUTOMATIC CRASH RESPONSE[4]	✓ (STANDARD FIRST YEAR)			AVAILABLE SYNC®[5]
POWERTRAIN LIMITED WARRANTY[6]	100,000-mile 5-year	60,000-mile 5-year	60,000-mile 5-year	60,000-mile 5-year
REAR SEAT LEGROOM	39.9 INCHES	38.5 INCHES	38.3 INCHES	35.6 INCHES
AVAILABLE POWER LIFTGATE	✓			
60-DAY SATISFACTION GUARANTEE[7]	✓			

GO TO WWW.CHEVY.COM/GUARANTEE FOR LIMITATIONS AND DETAILS.

MAY THE BEST CAR WIN

1 EPA estimate. **2** Side-impact crash test rating is for a model tested with standard head-curtain side-impact air bags (SABs). Government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). **3** Visit onstar.com for details and system limitations. **4** OnStar acts as a link to existing emergency service providers. **5** Requires connection with Bluetooth®-compatible phones. **6** Whichever comes first. See dealer for details. **7** Return between 30 and 60 days with less than 4,000 miles. Not available with some other offers. Other restrictions apply. Take delivery by 1/4/10. **8** MSRP. Tax, title, license, dealer fees, and optional equipment extra. OnStar and the OnStar Emblem are registered trademarks of OnStar LLC. Equinox is a registered trademark and Chevy is a trademark of General Motors. ©2009 General Motors. Buckle up, America!



CHEVY.COM | STARTING AT $23,185[8] **All New Chevy Equinox**

2010 LTZ as shown, $28,790[8]

	2010 CHEVY MALIBU LTZ	2010 TOYOTA CAMRY XLE	2010 HONDA ACCORD EX-L SEDAN	2010 FORD FUSION SEL
HWY. FUEL ECONOMY[1]	33 MPG	32 MPG	31 MPG	31 MPG
5-STAR FRONTAL/	✓	✓	✓	✓
SIDE-IMPACT CRASH SAFETY RATINGS[2]	✓	✓	5-STAR FRONT SEATING POSITION, 3-STAR REAR SEATING POSITION	5-STAR FRONT SEATING POSITION, 4-STAR REAR SEATING POSITION
ONSTAR[3] W/ AUTOMATIC CRASH RESPONSE[4]	✓ (STANDARD FIRST YEAR)			AVAILABLE SYNC®[5]
TURN-BY-TURN NAVIGATION[6]	✓ (STANDARD FIRST YEAR WITH ONSTAR)	NAVIGATION EXTRA COST	NAVIGATION EXTRA COST	NAVIGATION EXTRA COST
POWERTRAIN LIMITED WARRANTY[7]	100,000-mile 5-year	60,000-mile 5-year	60,000-mile 5-year	60,000-mile 5-year
60-DAY SATISFACTION GUARANTEE[8]	✓			

GO TO WWW.CHEVY.COM/GUARANTEE FOR LIMITATIONS AND DETAILS.

MAY THE BEST CAR WIN

1 EPA estimate. **2** Side-impact crash test rating is for a model tested with standard head-curtain side-impact air bags (SABs). Government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). **3** Visit onstar.com for details and system limitations. **4** OnStar acts as a link to existing emergency service providers. **5** Requires connection with Bluetooth®-compatible phones. **6** Not available in certain areas. Visit onstar.com for coverage map. **7** Whichever comes first. See dealer for details. **8** Return between 30 and 60 days with less than 4,000 miles. Not available with some other offers. Other restrictions apply. Take delivery by 1/4/10. **9** MSRP. Tax, title, license, dealer fees and optional equipment extra. OnStar and the OnStar Emblem are registered trademarks of OnStar LLC. Chevrolet and Malibu are registered trademarks and Chevy is a trademark of General Motors. ©2009 General Motors. Buckle up, America!

CHEVY.COM | LS STARTING AT $22,545[9] **Chevy Malibu**

2010 LTZ as shown, $27,325[9]

	2010 CHEVY TRAVERSE	2010 HONDA PILOT	2010 TOYOTA HIGHLANDER V6
AVAILABLE SEATING	8	8	7
HWY. FUEL ECONOMY[1]	24 MPG	23 MPG	24 MPG
5-STAR FRONTAL/	✓	✓	5-STAR DRIVER, 4-STAR FRONT PASSENGER
SIDE-IMPACT CRASH SAFETY RATINGS[2]	✓	✓	✓
ONSTAR[3] W/ AUTOMATIC CRASH RESPONSE[4]	✓ (STANDARD FIRST YEAR)		
POWERTRAIN LIMITED WARRANTY[5]	100,000-mile 5-year	60,000-mile 5-year	60,000-mile 5-year
MAXIMUM CARGO VOLUME[6]	116.4 CUBIC FT.	87 CUBIC FT.	95.4 CUBIC FT.
SPACE BEHIND THIRD ROW	24.4 CUBIC FT.	18 CUBIC FT.	10.3 CUBIC FT.
60-DAY SATISFACTION GUARANTEE[7]	✓		

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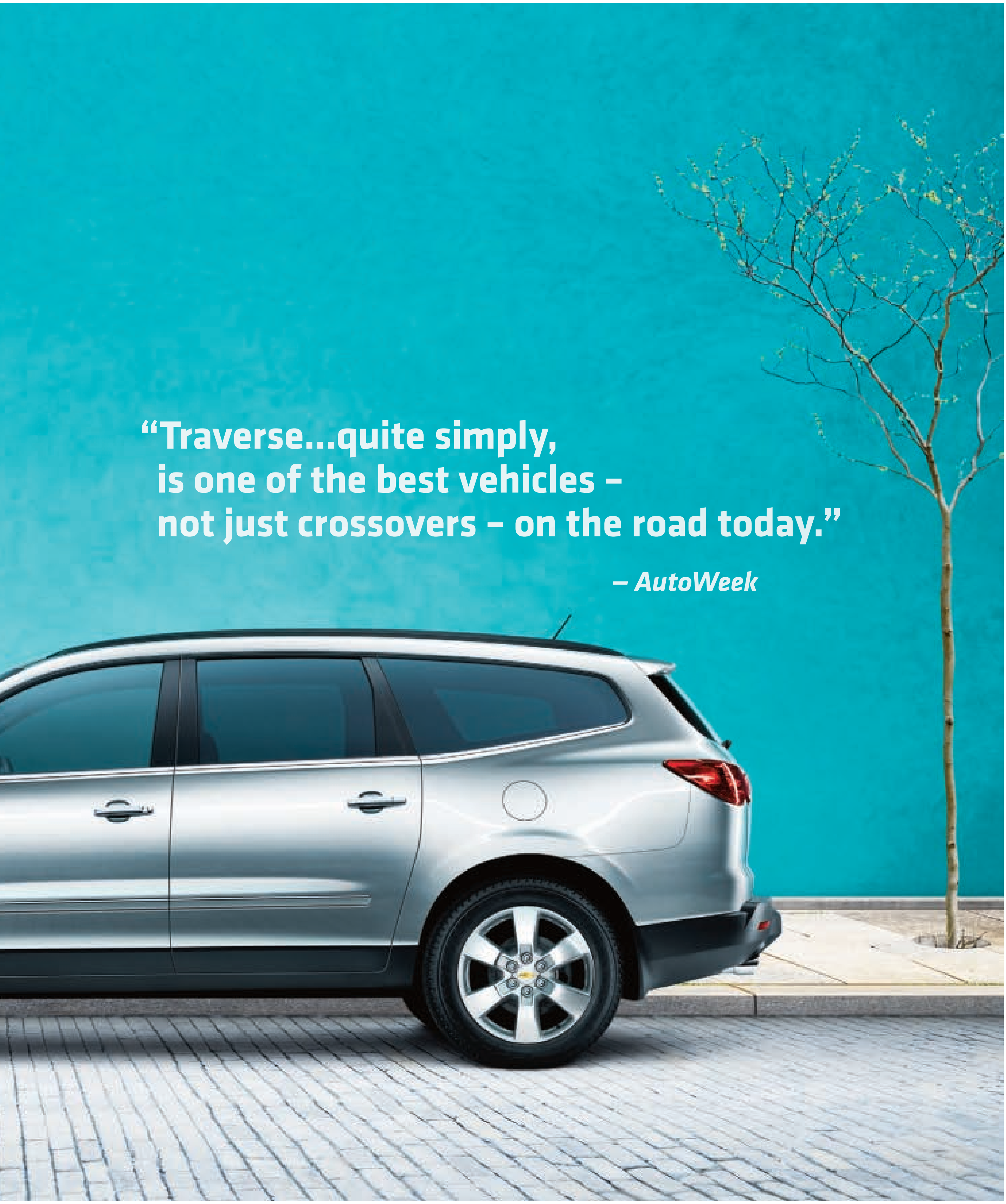
MAY THE BEST CAR WIN

1 EPA estimate. **2** Side-impact crash test rating is for a model tested with standard head-curtain side-impact air bags (SABs). Government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). **3** Visit onstar.com for details and system limitations. **4** OnStar acts as a link to existing emergency service providers. **5** Whichever comes first. See dealer for details. **6** Cargo and load capacity limited by weight and distribution. **7** Return between 30 and 60 days with less than 4,000 miles. Not available with some other offers. Other restrictions apply. Take delivery by 1/4/10. **8** MSRP. Tax, title, license, dealer fees and optional equipment extra. OnStar and the OnStar Emblem are registered trademarks of OnStar LLC. Traverse is a registered trademark and Chevy is a trademark of General Motors. ©2009 General Motors. Buckle up, America!



CHEVY.COM | STARTING AT $29,999[8] Chevy Traverse
2010 LTZ as shown, $38,760[8]

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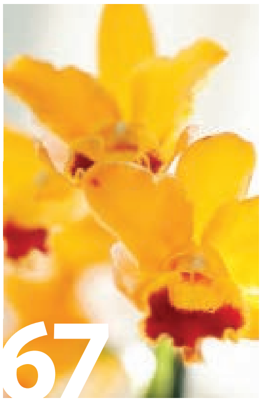
They may look exotic, but many orchids are easy to grow, including the 'Genie' Cattleya hybrid *below*. Turn to *page 67* for everything you need to put these beauties on your windowsills this winter.



VOLUME 88, NUMBER 1

For the third year in a row, we're focusing our January issue on getting organized, one of the most popular New Year's resolutions. And like most perennial resolutions, it's easy to start strong, but hard to stick with. No matter how much we sort, swap, donate, clean, stack, rack, and label, *living* organized is something else entirely. For that, you need persistence and good habits. You need the whole family pitching in. And it helps to have a certain amount of resilience when you're staring down, say, a holiday influx of games and gifts, all looking for a new home.

So, consider this issue a creative kick-start to help you reactivate or reinvent your organizing plan. In my own life, my greatest successes have come from listening to women who have it figured out. One of those is Amy Panos, the senior home editor who produces our "Get Organized" column each month. From her advice, I've developed my personal keep-order mantra: Organize with baskets. Label everything. Group items by task. And relax, because life just got easier.

This month, Amy and our entire home design team have tapped the smarts of professional organizers, readers, and work-from-home moms to bring you tons of new ideas and simple solutions. You'll find tricks for resisting clutter, creating more storage in small spaces, and staying on top of what goes where. Pick a tip to try, and let me know how it turns out!

We're also joined this month by Ellie Krieger, best-selling author and host of the Food Network program *Healthy Appetite,* who shares her Top 10 list of go-to ingredients for healthful meals in a snap. Even something as simple as stocking our pantry differently can make a change in how we live organized—and healthier—every day.

Gayle Goodson Butler, Editor in Chief

Meet Our Organizer

Senior Editor Amy Panos, *left,* mother of three, enlists her kids in keeping order. "I hang a clear plastic shoe organizer on the back of the hall closet for shoes plus mittens, hats, sunglasses, etc. We call it 'the system.' When we walk in, the first words out of my mouth are 'Boys, put your shoes in the system.'" Genius.

Are you well-organized?

Tell us what works, what you've solved—and what messes just won't be tamed.

PHOTO: (AMY PANOS AND KIDS) PAIGE PETERSON PHOTOGRAPHY

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"I love the Color Indoors layouts. What a great book they would make all on their own! The last one, "Harvest Browns," made me think seriously of creating a large burlap-covered board with paint-can lids and a few of my own graphics added."

Judy Gosnell, Grants Pass, OR

Outstanding! The November issue was a knockout. "Closet Cues" and "Drawn to Pattern" were wonderful. The piece that made me smile extra-wide was "I Did It!" The couple in it were so cute, and they have good taste. I have the same Murano-style lights in my kitchen.

Sayra Adams, Peck, ID

I have received your magazine for a few years now and thoroughly enjoy it. Now that we are expecting a baby, I'm always hoping there will be ideas for children's rooms: nurseries, boys' rooms, girls' rooms, teen rooms, play rooms, and even home offices that include areas for the kids to do their homework.

Amanda Henninger, Castle Rock, CO

Congratulations, Amanda. We're committed to showing great kids' rooms and multifunction spaces. Check out the ideas in this issue's "No Small Order" (page 27) *and "Multi Tasked"* (page 56).

Hurrah for Patrice Bevans ("Paint Permit," October), a designer who splashes on the color and isn't overly concerned with matching everything. Variety is the spice of life.

Judy Susak

From Facebook I bought my first BHG cookbook just before I was married in 1961, and I have raised my family on the recipes from that book. For an I-don't-know-how-to-cook cook, it was perfect. Our favorite recipes, especially the one for lasagna, have been passed to family and friends. Thank you for making almost 50 years of loving my family include good food.

Rosalie Bertrand

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IDEAS FOR LIVING WELL

The Main Squeeze

Beat the winter blues with some liquid assets: A single orange provides 130 percent of the daily recommended amount of vitamin C. Winter is the ripe time for blood oranges and grapefruit, which are loaded with antioxidants to guard against colds and flu.

PRODUCED BY JESSICA THOMAS; PHOTO: ADAM ALBRIGHT

by KELLY RYAN KEGANS

things to do this month...

1 NATIONAL PUZZLE MONTH

Looking to shake that sluggish feeling this season? Give yourself an intellectual workout and dust off a favorite jigsaw puzzle. Piecing together a puzzle works both the analytical (left) and intuitive (right) sides of your brain. Puzzles also enhance the capacity for learning and memory.

2 BEFORE SUNRISE

Get your juices flowing with this brunch-inspired drink. Start with ¼ cup of pomegranate juice in a glass. Next, pour in ½ cup orange juice, then ¼ cup grapefruit juice. To "layer" the juices, slowly pour them over the back of a spoon into the glass.

3 MLK DAY

Instead of taking the day off on January 18, many Americans will be on the job—working as volunteers. The King holiday is observed as a national day of service with projects ranging from rebuilding homes and distributing meals to assembling care packages for the troops. Visit *mlkday.gov* for a list of projects in your city.

INDISPENSABLE: MOISTURIZER

Baby, it's cold (and dry) outside! Keep your skin smooth with a moisturizer made with shea butter, known for its healing benefits on chapped and dry skin. Kings & Queens Royal Family of Body Butters are made with shea butter and beeswax. $15, *Dillards.com*

Q&A

What would you name the next decade? Will 2010 begin the "Twentyteens?" Linguists say only time will tell how we will collectively refer to the next decade. Let us hear your ideas. Send an e-mail to BHGEditor@meredith.com. We'll report back with your top suggestions.

CONTRIBUTORS: KATHY BARNES, BERIT THORKELSON. PHOTOS: (LOTIONS) JAY WILDE; (DRINK) ADAM ALBRIGHT

Ahhh, the rain. A perfect moment to sit back and savour a warm, soothing cup of Twinings tea. And we know a thing or two about rain. We've been in London for over 300 years, skillfully blending the world's finest teas just for days like this.

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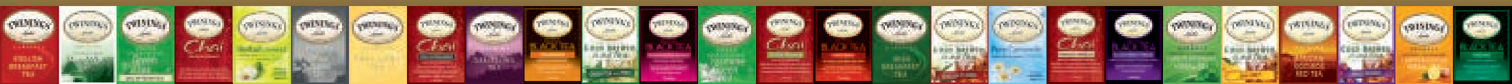
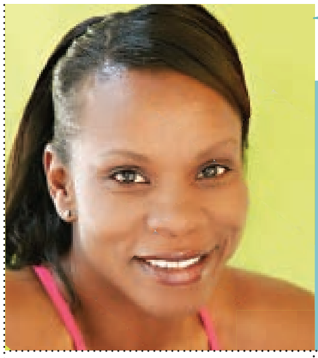




blogged...

LIVINGTHEFITLIFE.BLOGSPOT.COM
As a busy wife, mother, and fitness trainer, Kimberly Linton knows it can be hard to stick to your health goals. This month, motivation is the focus of her blog, which serves up healthy recipes and workout routines. "Don't look back at your failures," she says. "Look forward to what you can do."

good fun

When in Rome
Strangers fall in love with Kristen Bell's movie character when she steals coins from a Rome fountain in this romantic comedy.

88 percent of adults make New Year's resolutions, but only 20 percent keep them. The most popular goal? To eat healthier.

—*Farmer's Almanac*

TECH: SMART CLOCKS

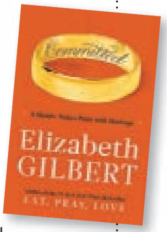
Time to upgrade your alarm clock? These devices do more than just sound off.

Tocky This little guy gets you out of bed by rolling away when the alarm rings. Download your own music with the built-in USB port. $80; *nandahome .com* for stores

Chumby Stay connected with this device that's somewhere between a computer and a smart phone. Surf the Internet, play games, check e-mail, and access 1,500 free applications. Chumby One starts at $120; *store.chumby.com*

iHome Control this compact dual alarm and iPod docking station with a remote. Internal stereo speakers and a subwoofer make for powerful sound in a small package. iHome IH 12, $80; *ihomeaudio.com*

good read



Committed
Author Elizabeth Gilbert follows her wildly successful memoir, *Eat, Pray, Love,* with this witty account of overcoming her reservations about marriage.

good deed

Donate blood
Make (and keep) a new year's resolution to donate blood this month. The American Red Cross makes its annual push in January for donors. Visit *givebloodgivelife.org.*

letter perfect

Give your keyboard a rest and reconnect with a friend during January's National Letter Writing Month. "Set an informal goal, such as writing a letter once a month to someone you'd like to be in better touch with," writes Margaret Shepherd, author of *The Art of the Personal Letter.*

Mudlark Santika Stationery Gift Set, $25; *givesimple.com*

CONTRIBUTORS: LAURA HELLER, JANE CIABATTARI. PHOTOS: (CLOCKS) ADAM ALBRIGHT; (STATIONERY) JAY WILDE

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I am beautiful on the inside.
I am more than just a cat.
I am an Iams cat
Introducing Iams with PreBiotics
Iams with PreBiotics works inside the digestive tract to promote healthy digestion and strong defenses. Healthier inside. Healthier outside. That's the beauty of Iams ProActive Health. See the power of Iams with PreBiotics at Iams.com
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new
IAMS
Original
PROACTIVE HEALTH

swap till you drop

Clean your closets, grab your friends, and trade your stuff at a party where everybody leaves happy and nobody spends a dime.

by AMY PANOS photos KATHRYN GAMBLE produced by JENI WRIGHT

AIR GUITAR WITH EXTRA AIR MODE
Life has a gazillion situations and the Canon PowerShot knows how to handle them all.
The Canon PowerShot A1100 IS digital camera with 4x optical zoom and 12.1 Megapixels of amazing picture quality. So you know you'll always get the shot. usa.canon.com/powershot
PowerShot
The power is yours
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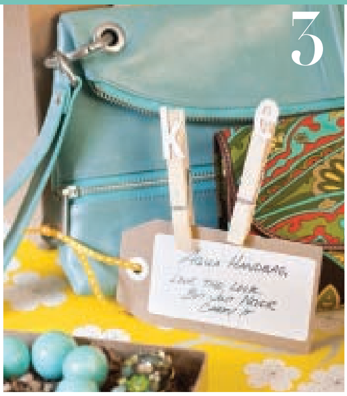
Swap parties are popping up all over as a fun, free, and green way to get rid of what you no longer want and take home something you do. Here's how it works: Invite a few friends and ask them to bring items to swap. Lay out the loot, allow browsing time, then take turns choosing one new item for each item you brought. The only rule is that everything up for swap is clean and in good condition.

SWAP ZONE A dining room, *page 20*, is an ideal site for a swap party. Protect the table with a wide runner of kraft paper and use a few sturdy, clean cardboard boxes to display the merchandise at different heights for easier viewing. At the end of the party, pack leftovers in the boxes to donate. **SIDE SHOW** Use dining chairs, *right*, for even more display space. Scoot them back from the table and lean, drape, and stack swap items on and under.



ready, set, swap

1 INVITE GUESTS and let them know how many items they can bring. Five guests, each with 10 items in tow, is a good size for a party. Our invitation is a large cardboard tag dressed up with decorative paper and a printout of the party details.

2 TAG EACH ITEM as it arrives. Have a stash of tags ready and invite guests to write a description and "selling point" for each item. The tags are cut from cardboard, hole-punched at the top, and topped with an adhesive mailing label.

3 SET UP A CLAIM SYSTEM by giving each guest a set of clothespins monogrammed with stick-on letters. To claim an item, clip a pin to its tag. If multiple people want the same item, put all the clothespins in a hat and draw a winner.

4 BOX UP LEFTOVERS at the end of the party (recruit guests to help) and donate them to a local charity or shelter.

HORIZONTAL COMFORT INDEX

UNCOMFORTABLE — COMFORTABLE

- The Rack
- Bed of Nails
- Traditional Sleeper Sofa
- Futon
- Hammock (When There's Yard Work to Do)
- The La-Z-Boy SlumberAir™ Mattress

The Collins Sectional and Faris Chair

The SlumberAir™ Mattress System. Tell your guests to sleep well and mean it.

Sleep sofas aren't thought of as the epitome of comfort. Which is why we reinvented them. Introducing our SlumberAir Mattress System – a 6" air cushion over a 4" innerspring coil base. In addition to all the style and fabric options, our sleep sofas are available with extra support, durable steel reinforced frames and adjustable head rests. The SlumberAir Mattress System – a combination of softness and support that make it a pull out sofa unlike any other – one your guests will actually sleep well on. **For all our restful options, visit la-z-boy.com/slumberair.**

LA-Z-BOY® | **Comfort. It's what we do.®**

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BREAKFAST TO GO Keep party food light, easy, and portable, *left*. A coffee bar with creative stir-ins—marshmallows, white and dark chocolate chunks, ground cinnamon and cardamom—is just right for a weekend morning gathering. Thick slabs of quick breads in waxed paper bags (available in the candy-making aisle of a crafts store) make it easy to munch and browse.

PAPER POWER Let a roll of colorful wrapping paper do the heavy lifting for the party decor. Use it on the invitation, on the display table, and under the refreshments setup.

on display

1 THINK IN SETS of several similar items. Glasses and dishes are obvious sets, but also consider a stack of board games or a few same-size sweaters. Tie them up with ribbon to indicate they go together.
2 MAKE A BOOKSHELF by turning a cardboard box on its side, and use the top of the box to display another swap item. Put bulkier items toward the center of the table and smaller items around the perimeter.
3 TRY THESE IDEAS, TOO Drape textiles such as tablecloths and blankets over a portable clothes drying rack. Gather up belts or scarves in a basket. Hang clothing on doorknobs or door frames.

For buying information see page 132.

01

10/26/08 16:06 customer care 549-598-2424 pg 1

Dear Bio-Oil

I picked up Bio-Oil on a whim while walking through CVS/pharmacy. The product works. I am 47 years old and I have a few stretch marks, a couple of old faded scars, and one really dark bag under my eye, after using Bio-Oil the appearance of the stretch marks has faded, the bags are less noticeable (I get compliments all the time now on how young my face looks) and the scars also look way better.

I will continue to buy Bio-Oil. It works.

Regards

Phenix Hall

10/26/08 16:06

Printed with the kind permission of the writer.

Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for aging and dehydrated skin. Bio-Oil absorbs quickly and leaves no oily residue. It is suitable for all skin types and should be applied twice daily. Bio-Oil is available at all leading retailers from $11.99 (2fl.oz.) and $19.99 (4.2fl.oz.). Individual results may vary. For more information ask your pharmacist or visit bio-oil.com.

No.1

THE NO.1 SELLING SCAR
AND STRETCH MARK PRODUCT IN
ENGLAND *(IRI, 2008)*
CANADA *(Nielsen, 2008)*
NETHERLANDS *(Nielsen, 2009)*
AUSTRALIA *(Nielsen, 2008)*
SOUTH AFRICA *(Nielsen, 2009)*
IRELAND *(IRI, 2008)*
NEW ZEALAND *(Synovate Aztec, 2008)*
Full references at bio-oil.com

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Introducing luscious lattes from General Foods International.
Creamy. Frothy. Delicious. And perfectly priced at 20¢ a cup!*
Welcome to the new coffeehouse...your house.
GENERAL FOODS INTERNATIONAL
FROM THE MAKERS OF
Maxwell House
Vanilla Bean Latte
*Based on national average weighted price. Price may vary by retailer. | © 2009 Kraft Foods

indoors

LIFE AT HOME

no small order

How organized can an 1,100-square-foot home be? This one perfectly fits two artists, one toddler, and a home-based business.

by **KELLY RYAN KEGANS** photos **BILL HOLT** styling **JANNA LUFKIN**

“Long ago, I began training myself to have a place for everything.” **SHARILYN WRIGHT**

1

2

3

4

5

family room

It's fitting that Sharilyn Wright's business creating handmade paper products is called LovelyDesign. That perfectly describes the Vancouver-area home she shares with her partner, Charles Guan, and 2-year-old daughter, Adelaide. Sharilyn, known in the blogosphere for her color-coded address file (see *page 31*), relies on color and clever storage solutions to keep her home organized. "I'm a gatherer and we have lots of collections, but I have to have a place for everything or I can feel stressed," she says. Rooms are awash in a peaceful palette of blue-gray and warm oranges that keeps the space visually cohesive and "makes every room feel fresh," she says. "I remember things by color so that's how I tend to sort my stuff." Bookcases serve as an open divider between the family and dining rooms (4, 5). "While I like big open spaces, I wanted to create little nooks where you can cozy up." In another corner of the shared space, Sharilyn uses white metal file drawers (3) to stow away toys and media gadgets. The couple created a low shelf for Adelaide's books in the dining room (1, 2) by removing the sliding doors from a shelf and mounting it on the wall.

1

creative spaces

Although Adelaide is only 2, Sharilyn says she provides plenty of storage at a toddler's level so her daughter can help tidy her own things. That includes the kitchen (1), where Sharilyn designated a low drawer for Adelaide's dishes and recently made drawer dividers to keep it organized (2). "I'm hoping to show and teach her—by example—how good and easy it can be to keep things nice and neat," Sharilyn says. In a similar way, Sharilyn customized the upstairs bedrooms to better suit her family's lifestyle. When she noticed that the largest of the couple's three bedrooms—the master suite—was underused, she remade it into her studio/family art room, *opposite*. "It was crazy because the biggest room in the house was one we used the least. That's when I decided to make the big switcheroo," Sharilyn says. "I love it in here now. It's big and the windows make it open and bright." Three large industrial tables allow Sharilyn to spread out her projects, and multiple drawer cabinets (3) store art supplies. Sharilyn removed the closet's bifold doors and outfitted the nook with a desk and shelves (4).

from her blog to you

Sharilyn inspires her blog readers with clever ideas taken from around her house. She snapped a photo of these drawer dividers, *right*, for Adelaide's dishes. For step-by-step instructions, visit *lovelydesign.blogspot.com* (click on "homemade boxes").

2

Sharilyn repurposes “found” paper, old maps, schoolbooks, and library ephemera to make her one-of-a-kind treasures: “Far Away Mailbox” stationery (5), card packets (6) , and an address file (7).

3

5

6

7

4

> “We live in a small space and I’m here full-time, so I have to keep it organized.”
>
> SHARILYN WRIGHT

2

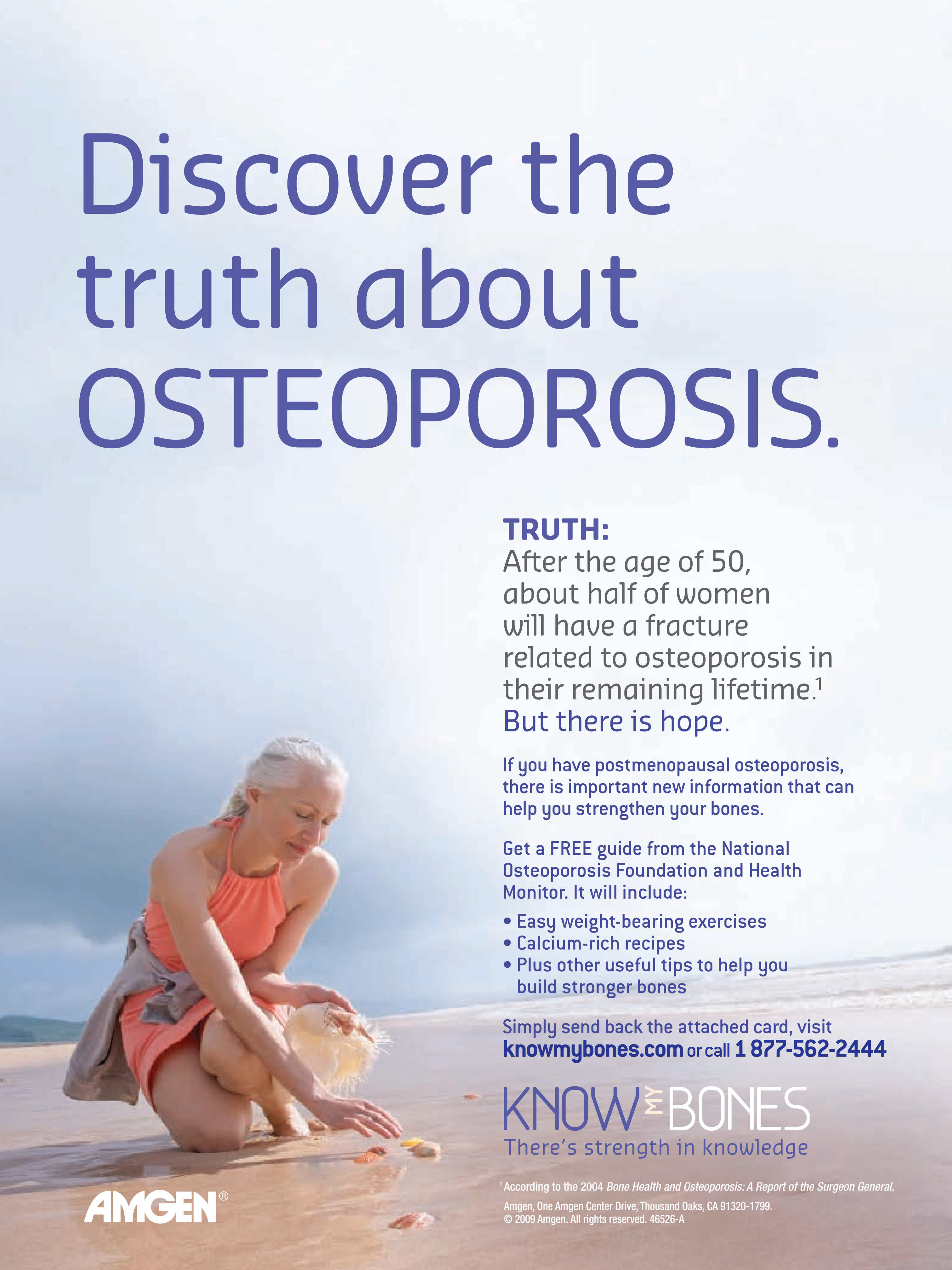
1

3

addie’s room

Adelaide has her own growing collection of objects in her bedroom (1). Wooden toys, pinecones gathered on nature walks, and paintings made with her artist parents (3) are part of the rotating display. The shelves near Adelaide’s bed once held Sharilyn’s office supplies when the room was her art studio. “I was standing there one day, trying to think about how to use the wooden pegs, when Adelaide skipped right by and hung her necklaces and bracelets from them,” Sharilyn chuckles. On another wall in the room, Sharilyn hung wooden cubbies (2) and used colorful fabric swatches as backing. “It’s our little treasure wall that we can add to over time,” she says.

For buying information see page 132.


Discover the truth about OSTEOPOROSIS.
TRUTH:
After the age of 50, about half of women will have a fracture related to osteoporosis in their remaining lifetime.[1]
But there is hope.
If you have postmenopausal osteoporosis, there is important new information that can help you strengthen your bones.
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[1] According to the 2004 Bone Health and Osteoporosis: A Report of the Surgeon General.
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25 easy ways to conquer clutter

1 Tame linen closet chaos by storing bulk items such as extra soaps, bath salts, and cotton balls in clear cylinders, *above*. It's an attractive, inexpensive solution, and you'll be able to see when something needs replenishing. Use this trick all around the house—for sponges in the kitchen and detergent in the laundry room, for example.

2 "Keep a donation hamper in your closet. Every two weeks, select an item of clothing you haven't worn in the past six months and throw it in. When the hamper is full, take it to Goodwill."

PETER WALSH, organizing expert and author of *Enough Already!*

+bonus Take a closer look at this super-organized linen closet at **BHG.com/linen**

BY BERIT THORKELSON; PRODUCED BY PAMELA PORTER; PHOTO: KING AU/STUDIO AU

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PASSION YOU CAN TASTE.

WHO KNEW YOU'D FIND TRUE LOVE IN THE COFFEE AISLE?

IT'S NOT JUST COFFEE. IT'S STARBUCKS.

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3 Quit taking brochures, menus, and flyers just because somebody hands you one. Don't let that extra paper cross your home's threshold—toss it right into your recycling bin.

4 **"Create an indoor mailbox in a central location. Set a time to go through the box once a week. Open everything, pay bills, file important correspondence, and recycle junk mail."**

NIECY NASH, host of *Clean House* on the Style Network

5 Shop dollar stores for storage bins and baskets, and buy a bunch of them in the same color. Displayed in multiples, inexpensive plastic or cloth bins look calm and organized plus give tons of storage. Be sure to add labels.

6 From now on, vow to buy only white towels. They'll give your bathroom a spa look, different styles pretty much match, and it's easy to keep them looking good by bleaching them. Same goes for bedsheets.

7 **"Keep a small notebook with you at all times and use it as a constant brain dump. Go through your scribblings each evening and put thoughts in their appropriate places, such as your calendar or to-do list."**

MICHAL GREGUS, Los Angeles-based professional organizer

8 "Have a pile of cookbooks gathering dust? Scan and print the one or two recipes you use most often and then donate the book. Same goes for recipes in magazines. Tear out the relevant page, then recycle the rest. Put the pages into clear plastic pockets in a three-ring binder. You've just made yourself a customized cookbook with plenty of room to grow."

LORIE MARRERO, author of *Clutter Diet*

9 Keep a bag or pillowcase in your laundry area. When a lone sock appears, toss it in the bag. At the end of the month, most lost socks will be reunited with their mates.

10 "The next time you sit down to watch TV, pull out a drawer, any drawer. During commercials, sort the contents into four piles: keep, toss, donate or sell, and items to relocate. Then put back only the keepers, using expandable organizers to keep it tidy."

Axis 178 Junk Drawer Organizer, $30; *amazon.com*

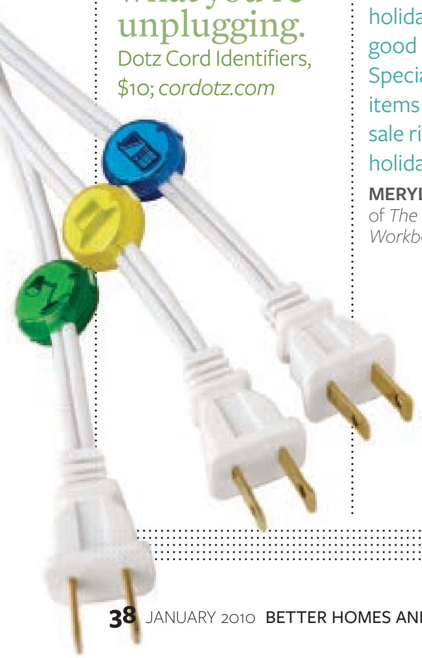
DONNA SMALLIN, author of *The One-Minute Organizer: A to Z Storage Solutions*

11 Practice organizational layaway. Keep a box for things you're thinking about getting rid of but aren't sure you can part with. When the box is full, write the date on it and store it. After one year, if you haven't needed or missed anything in the box, it's time to toss or donate.

PHOTOS: (BINS) MARCO RICCA; (DRAWER) GREG SCHEIDEMANN; (JOURNAL) ADAM ALBRIGHT

Fresh Step
Scoopable
Odor Eliminating Carbon
Cats everywhere are having a hard time smelling their litter boxes.
freshstep.com
©2009 The Clorox Pet Products Company.

12 Invest in a tabbed wallet for receipts and coupons. It will make your purse into a mini filing cabinet that puts everything you need for shopping at your fingertips. Label the tabs how you like—by store, by date, or category. Receiptables Organizer, $14; *organize.com*



13 Tackle that jumble of cords behind your desk or TV. Take a few minutes to figure out which cord is which, then label them so you know what you're unplugging. Dotz Cord Identifiers, $10; *cordotz.com*

14 "When putting away your holiday decorations, keep only items that are an absolute joy to uncover each year. Donate the rest for someone else to appreciate. Then, store your favorites right. Pack complete displays together in labeled bins, wrapped in tissue paper or bubble wrap as needed. Take inventory so you know what you need for next year, then hit post-holiday sales for good deals. Specialty storage items are often on sale right after the holidays, too."
MERYL STARR, author of *The Home Organizing Workbook*

15 **Designate your nightstand as a clutter-free zone that's a pleasure to wake up to. Limit yourself to a reasonable number of books. Set out a tray to hold change and jewelry. Park a basket below for blankets or magazines.**

16 Streamline your cleaning products to five basics: all-purpose cleaner, glass cleaner, wood polish, abrasive cleaner for bathroom and kitchen, and floor cleaner.

tips from you!

GREAT IDEAS FROM OUR FACEBOOK FANS

17 "My clutter weapon is a kitchen timer. It's amazing what setting aside 10 to 15 minutes a day for a power decluttering session can do for your home and soul."
PENNY DAVIS

18 "I made an inventory list of groceries I buy over and over. I keep it on the fridge to help me make my shopping list quickly. I also keep a list on the freezer of what's in there so I'm sure I'm using things before they go bad."
MELEAH SAIN HEAVNER

19 "Each of my four kids has a cubby in the kitchen. Everything I see lying around goes in there, then they have to clean them out when they get too full. It gets things off my counters and tables. The cubbies stack, so they don't take up much room."
JENNI BELL

BECOME A FAN AND SHARE YOUR TIPS AT FACEBOOK.COM/MYBHG

PHOTOS: (CORDS, CLEANERS, WALLET) ADAM ALBRIGHT; (NIGHTSTAND) PETE KRUMHARDT

Vyvanse: Shown to provide consistent ADHD symptom control even at 13 hours after taking.

7:00AM
Ate breakfast and took Vyvanse.

12:00PM
Paid attention in class.

5:00PM
Kept my focus at practice.

8:00PM
Helped my sister with her homework.

CONSISTENTLY
Vyvanse™ CII
(lisdexamfetamine dimesylate) capsules

In a clinical study of children with ADHD, Vyvanse was shown to provide ADHD symptom control at 90 minutes after taking.

Ask the doctor about Vyvanse.
1-866-630-1283, vyvanse.com

IMPORTANT SAFETY INFORMATION
Vyvanse is indicated for the treatment of ADHD. Efficacy based on two controlled trials in children aged 6 to 12 and one controlled trial in adults.

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor ***immediately*** if you or your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if you or your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); seizures; glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor ***before*** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thought or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor ***immediately*** if you or your child develops any of these conditions or symptoms while taking Vyvanse.

Abuse of amphetamines may lead to dependence. Misuse of amphetamine may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with amphetamine use.

Talk to your health care provider if your child experiences slowing of growth (height and weight). Children should have their height and weight checked periodically while taking Vyvanse. Your healthcare provider may stop Vyvanse treatment if a problem is found during these check-ups.

Vyvanse was generally well tolerated in clinical studies. The most common side effects reported in studies of Vyvanse were: *children* – decreased appetite, difficulty falling asleep, stomachache, and irritability; *adult* – decreased appetite, difficulty falling asleep, and dry mouth.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

Please see Patient Brief Summary of Full Prescribing Information on the following page.

Shire ©2009 Shire US Inc. VYV-01136 09/09

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

MEDICATION GUIDE

VYVANSE®(lisdexamfetamine dimesylate) CII

Read the Medication Guide that comes with Vyvanse before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with Vyvanse.

What is the most important information I should know about Vyvanse?
Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

1. Heart-related problems:
- **sudden death in patients who have heart problems or heart defects**
- **stroke and heart attack in adults**
- **increased blood pressure and heart rate**

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.

2. Mental (Psychiatric) problems:

All Patients
- **new or worse behavior and thought problems**
- **new or worse bipolar illness**
- **new or worse aggressive behavior or hostility**

Children and Teenagers
- **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What Is Vyvanse?

Vyvanse is a central nervous system stimulant prescription medicine. **It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD).** Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take Vyvanse?

Vyvanse should not be taken if you or your child:
- have heart disease or hardening of the arteries
- have moderate to severe high blood pressure
- have hyperthyroidism
- have an eye problem called glaucoma
- are very anxious, tense, or agitated
- have a history of drug abuse
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI
- is sensitive to, allergic to, or had a reaction to other stimulant medicines

Vyvanse has not been studied in children less than 6 years old. Vyvanse is not recommended for use in children less than 3 years old.

Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:
- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)
- tics or Tourette's syndrome

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can Vyvanse be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and non-prescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse.

Your doctor will decide whether Vyvanse can be taken with other medicines.

Especially tell your doctor if you or your child takes:
- anti-depression medicines including MAOIs
- anti-psychotic medicines
- lithium
- blood pressure medicines
- seizure medicines
- narcotic pain medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking Vyvanse without talking to your doctor first.

How should Vyvanse be taken?
- **Take Vyvanse exactly as prescribed.** Vyvanse comes in 6 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of Vyvanse?

See **"What is the most important information I should know about Vyvanse?"** for information on reported heart and mental problems.

Other serious side effects include:
- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

Common side effects include:
- upper belly pain
- dizziness
- irritability
- nausea
- weight loss
- decreased appetite
- dry mouth
- trouble sleeping
- vomiting

Vyvanse may affect your or your child's ability to drive or do other dangerous activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Vyvanse?
- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from light.
- **Keep Vyvanse and all medicines out of the reach of children.**

General information about Vyvanse

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088.

What are the ingredients in Vyvanse?

Active Ingredient: lisdexamfetamine dimesylate

Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1, FD&C Green #3, and FD&C Red #40.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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Last Modified: 05/2009 VYV-01080
Shire

20 Convert your compact discs into digital music files, either yourself or using a service such as *ripdigital.com* or *riptopia.com*. (They give you materials to send in your CDs, convert them to digital, and burn them on DVDs for you.) Then, donate or sell the returned CDs.

SABRINA SOTO, *host of HGTV's Real Estate Intervention*

21 Don't get stuck without your reusable grocery bags again. As soon as you unload groceries, put the bags right back in your car or on a designated hook by the door.

22 Use the backs of doors and cupboards for bonus storage space. Shallow shelves, hooks, and over-door organizers make convenient spots for items that chronically don't have homes.

23 When putting away food storage containers, don't spend time trying to match lids to bases. Instead, get two inexpensive plastic bins. File all the lids in one and stack bases in the other. Match as needed.

24 Scrapbooking too labor-intensive? Try this easy alternative: Collect mementos such as cards and photos in a large envelope, one per family member. Once a year, pare down the stack and transfer to a designated file box. Keepsake Keeper, $30; *kangaroomstorage.com*

25 Create zones for kitchen tasks you do on a regular basis, such as making lunches or baking. Designate a shelf for everything you need for the job, including non-perishable foods and special tools or utensils.

KATHI BURNS, author of *How to Master Your Muck*

PHOTOS: (FILE BOX) ADAM ALBRIGHT; (CUPBOARD) (GREG SCHEIDEMANN)

For buying information see page 132.

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VYV-00665 10/09

home stretch

A renovation of a cramped old house makes room for both storage and personality.

by JODY GARLOCK photos ROB BRINSON styling ANNETTE JOSEPH

SPACE ENHANCER Hanging drapes close to the ceiling, rather than just above the window trim, exaggerates the window's height and makes the ceiling seem higher.

For at least a solid four years, Andy Philhower and Gabriel Ceballos were in a tug-of-war with their old Dutch Colonial house in Atlanta. Every time an inconvenience—like cramming clothes or a suitcase in a narrow closet—pushed them toward moving, the 1930s charm pulled them back. "The big thing this house had going for it was character," Andy says. "But you always want what you don't have—more closet space, bigger bathrooms, an open layout." The couple finally found a way to work those wants into the 1,800-square-foot home. They dug between studs to turn wasted dormers into usable built-ins and gave closets and cabinets the once-over for better storage. "We tried to use every space that wasn't visible to our advantage," says Gabriel, a fitness trainer who sketched many of the designs. For Andy, a real estate agent, the bonus was no clutter. "The less we have sitting on countertops or taking up floor space, the bigger the rooms feel," he says. Removing three walls also went a long way toward stretching rooms. When walls couldn't be removed, such as in bathrooms, Gabriel worked wonders with ultra-shallow countertops and space-enhancing mirrors. "It feels like a different home," he says. "You walk in and it's open and airy. There's plenty of storage. It still has character, but now it has our personalities in it, too."

"We wanted a clean, almost minimalist look, so all the walls went white," says homeowner Andy Philhower. "It makes the house seem bigger." Stripped of some trim, the living room fireplace, *above*, also lightened up.

The architectural column, *opposite*, is a trimmed-out support post, replacing a wall that once closed off the living room. A cutout in the stair wall, where dog Bo stands, also opens up the front of the home.

"It was great to find additional storage without adding square footage. Everything has its place without tying up visual space."

ANDY PHILHOWER

Espresso stain enriches the original pine floors, *top right*. "Having them dark actually drops the floor visually, so you feel like the ceiling is higher," Andy says.

With a wall removed, an inefficient pass-through bedroom is now a modern home office, *above*. "It feels like a loft at the top of the stairs," Andy says. Outfitted with cubbies, the closet is so organized that the door could be taken off and the space passed off as a built-in bookcase.

To-the-ceiling cabinets eke out storage and emphasize the height, not width, of the narrow kitchen, *right*. A counter-height peninsula that replaced a taller bar, plus visually light metal stools, *opposite*, provide an easy flow to a new sitting area.

SPACE ENHANCER
A clear tempered-glass partition is a nearly invisible splash guard. It's also a clean-looking alternative to a shower curtain or sliding doors that would have visually chopped up the bathroom.

Gabriel designed the shallow marble ledge and vanity and chose a wall-mount faucet to make the most of the tight bathroom, *above*. Ceramic tiles on the side of the tub and on walls add a spa-like quality.

New built-in cabinets (they're actually closets, see *page 48*) in the dormered wall of the master bedroom, *right,* bump out from the wall for extra use as display ledges. The top of the window seat lifts, providing storage on the sides of the heat register.

DINING ROOM
13x11
SITTING
W/D
KITCHEN
16x12
DN
R
LIVING ROOM
14x21
UP
DEN
13x13
ENTRY
CLOS
HALL
OFFICE
9x11
DN
MASTER BEDROOM
14x13
CLOS
GUEST BEDROOM
12x10

1

2

3

4

SMART TAKES ON TIGHT SPOTS

1. STYLISH POWDER ROOM A 6-inch-deep marble counter curves out to hold a compact vessel sink in the 4×4-foot powder room. Gabriel designed the pedestal to mimic the living room columns. Grass-cloth-covered walls, an exception to the white, add depth.

2. PLUGGED-IN PENINSULA With an outlet, a kitchen cabinet is a charging (and landing) spot for phones and gadgets that tend to clutter countertops. Beside it, wine cubbies can flex into mail slots.

3. HANDY PANTRY A once-basic laundry closet with bifold doors is now a walk-in kitchen utility room. The couple simply replaced the side-by-side washer and dryer with stacked machines, freeing up space for a shelving unit—and a place for the microwave oven. Handsome double doors hide it all away.

4. CLEVER CLOSET Cabinets recessed into the master bedroom dormers are built out so they're just deep enough for clothes hangers.

For buying information see page 132.

Learn how to maximize the slivers of space in your home with clever storage ideas at BHG.com/savvystorage.

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honey

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Try this rich color above white wainscoting in a dining room. Heart of Gold BHG618; **bhglivebetter.com**

BROAD STROKES
SPUN GOLD
This color is invigorating in a home office, paired with cobalt blue accents. Sundance B23-5; **acehardware.com**

BROAD STROKES
HONEYCOMB
In a room that gets a lot of natural light, this color gives off a healthy glow. Ambitious Amber SW6366; **sherwin-williams.com**

BROAD STROKES
BUTTERCREAM
The soft warmth of this hue is always a success—you could use it in every room of the house. Honey Butter 320C-3; **behr.com**

continued on page 54

BY: JOANNA LINBERG; PHOTO: ADAM ALBRIGHT; PRODUCED BY JESSICA THOMAS; MARKET EDITOR: APRIL HARDWICK

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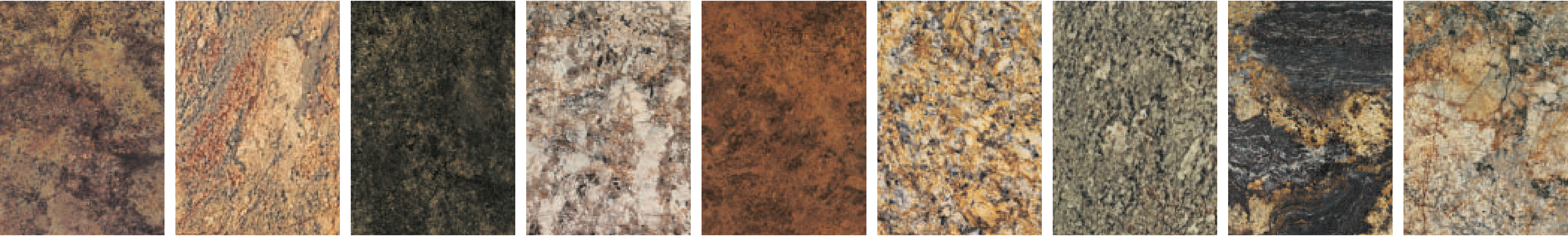

THE NEW REALISM

FORMICA®

On the walls: Bamboo Mat B23-3; acehardware.com

Honey colors take a back seat to the room's other elements, making them a go-to color for those who want fabrics or art to shine.

honey moon

"Honey is great for the color-phobic," says New York City designer Elaine Griffin. And it's hardly boring: "Think of it as beige after it has had a cocktail or after spending a day on the beach." Get this go-anywhere neutral right with her tips.

BASE KNOWLEDGE
"Honey hues are made by adding color to pure white—the best honeys have warm, rich, brown-based undertones," says Griffin. "Avoid the blue- or gray-based ones, which can be cold."

ALL THE TRIMMINGS
A monochromatic range works best for trim. "With pale walls, opt for a trim that's paler still," Griffin says. "Ceilings look great in an ivory that's just a shade or two lighter than the walls."

GOOD DIFFERENCE
For a textured, tone-on-tone look, Griffin recommends that honey-color upholstery be either lighter or darker than the wall color, not the same. "Always anchor pale walls or upholstery on darker floors or an area rug to increase contrast and avoid 'white-out,'" says Griffin.

For buying information see page 132.

Feather Gold tablecloth and napkin, $32 and $24 (for set of four); **pomegranateinc.com** Napoleon chair, $179; **potterybarn.com** Amber Toscana Double Old-Fashioned, $16 for set of 4; **worldmarket.com** Mustard Mod Link pillow, $70; **dlrhein.com** Flair small vase, $49; **highfashionhome.com**

PHOTO: (PORTRAIT) LAURA MOSS; (ROOM) LAURIE BLACK; INTERIOR BY TINA BARCLAY

It may be winter outside, but BHG.com makes it warm and sunny inside with soul-soothing recipes, ideas to brighten your windowsill, and tips for getting organized!

warm up with easy, healthy meals

Find the 10 "must-have" items you need in your pantry to keep your meals nutritious on *page 89*. Then use those items and just a few more from the grocery store to put together a slow cooker meal that will greet you with its tempting aroma when you get home after a long winter's day. Try Pumpkin, Chickpea, and Red Lentil Stew; Fruited Pork Chops; and more! **BHG.com/slowcook**

Organize Every Room

We showed you "25 Ways to Get Organized" on *page 34*. Now, find our storage solutions for every room of the house, featuring quick and easy storage ideas and how-to projects.
BHG.com/getorganized

Make It Spring Inside

Who says winter has to be dreary and gray? Bring color and beauty to the season with easy-to-grow orchids on *page 67*. Then see just how many varieties you can grow in our online gallery.
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multi tasked

Laundry isn't the only thing spinning in this storage-packed utility room. So are crafts and creativity.

by JODY GARLOCK
photos EDMUND BARR
produced by ANDREA CAUGHEY
styling CHAR HATCH LANGOS

As an on-the-go mom, Beth Nelson keeps an eye on the clock. Having to rummage through a closet for wrapping paper or move her kids' craft projects off the dinner table were little setbacks to staying on track. So during a remodeling of her 1952 Southern California home, Beth centralized household odds and ends in a new laundry room. "It's a workhorse; I can multitask so many things in it," she says. "My days are much more productive now."

CHEER LEADER

With yellow cabinetry, a mosaic-tile backsplash, and display space for pottery, the room is a bright spot. "Why not have happy?" Beth says. "Chores seem less like chores."

MEASURING UP

Beth took measurements for cabinets and drawers right down to jugs of detergent and rolls of wrapping paper. "I had one shot to do this right," she says. A big island for folding clothes, wrapping gifts, potting plants, and crafting is the hub.

PRACTICAL MATTERS

Slate countertops resist scratches, and the wood floor has a distressed paint finish that camouflages dirt.

30 YEARS AGO, YOU DIDN'T KNOW ABOUT HIGH CHOLESTEROL AND PLAQUE BUILDUP.

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Over time, you've learned a thing or two. Now you know that high cholesterol is a major factor in the buildup of plaque in arteries.
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- High cholesterol, family history of early heart disease, diabetes, and high blood pressure may play a role in plaque buildup

Talk to your doctor about plaque buildup, and ask if CRESTOR is right for you.

Important Safety Information about CRESTOR: In adults, CRESTOR is prescribed along with diet for lowering high cholesterol. CRESTOR is also prescribed along with diet to slow the progression of atherosclerosis (the buildup of plaque in arteries) as part of a treatment plan to lower cholesterol to goal. CRESTOR has not been approved to prevent heart disease, heart attacks, or strokes.

CRESTOR is not right for everyone, including anyone who has previously had an allergic reaction to CRESTOR, anyone with liver problems, or women who are nursing, pregnant, or who may become pregnant. Your doctor will do blood tests before and during treatment with CRESTOR to monitor your liver function. Unexplained muscle pain and weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. The 40-mg dose of CRESTOR is only for patients who do not reach goal on 20 mg. Be sure to tell your doctor if you are taking any medications. Side effects occur infrequently and include headache, muscle aches, abdominal pain, weakness, and nausea.

Please read the important Product Information about CRESTOR on the adjacent page.

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch, or call 1-800-FDA-1088.

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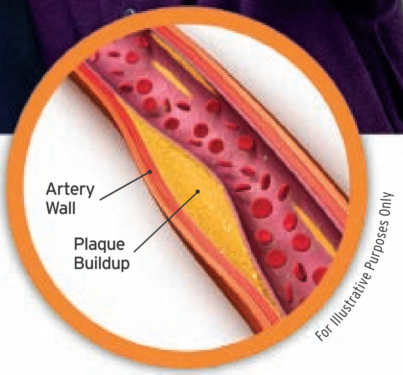

TAKE A DEEPER LOOK at how plaque could be building in your arteries. Take an interactive tour of an artery at CRESTOR.COM

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IMPORTANT INFORMATION ABOUT CRESTOR® (ROSUVASTATIN CALCIUM)

Please read this summary carefully and then ask your health care professional about CRESTOR. No advertisement can provide all the information needed to determine if a drug is right for you. This advertisement does not take the place of careful discussions with your health care professional.

Only your health care professional has the training to help weigh the risks and benefits of a prescription drug.

WHAT IS CRESTOR?

CRESTOR is a prescription medicine that belongs to a group of cholesterol-lowering medicines called statins. Along with diet, CRESTOR lowers “bad” cholesterol (LDL-C), increases “good” cholesterol (HDL-C), and also slows the progression of atherosclerosis in adults with high cholesterol, as part of a treatment plan to lower cholesterol to goal.

WHAT IS CHOLESTEROL?

Cholesterol is a fatty substance, also called a lipid, normally found in your bloodstream. Your body needs a certain amount of cholesterol to function properly. But high cholesterol can lead to health problems. LDL-C is called bad cholesterol because if you have too much in your bloodstream, it can become a danger to your health and can lead to potentially serious conditions. HDL-C is known as good cholesterol because it may help remove excess cholesterol. Common health factors such as diabetes, high blood pressure, smoking, obesity, family history of early heart disease, and age can make controlling your cholesterol even more important.

WHAT IS ATHEROSCLEROSIS?

Atherosclerosis is the progressive buildup of plaque in the arteries over time. One major cause is high levels of LDL-C. Other health factors, such as family history, diabetes, high blood pressure, or if you smoke or are overweight, may also play a role in the formation of plaque in arteries. Often this plaque starts building up in arteries in early adulthood and gets worse over time.

HOW DOES CRESTOR WORK?

Most of the cholesterol in your blood is made in the liver. CRESTOR works by reducing cholesterol in two ways: CRESTOR blocks an enzyme in the liver causing the liver to make less cholesterol, and CRESTOR increases the uptake and breakdown by the liver of cholesterol already in the blood.

WHO SHOULD NOT TAKE CRESTOR?

Do not take CRESTOR if you

- are pregnant or think you may be pregnant, or are planning to become pregnant. CRESTOR may harm your unborn baby. If you become pregnant, stop taking CRESTOR and call your health care professional right away
- are breast-feeding. CRESTOR can pass into your breast milk and may harm your baby
- have liver problems
- have had an allergic reaction to CRESTOR or are allergic to any of its ingredients. The active ingredient is rosuvastatin calcium. The inactive ingredients are microcrystalline cellulose, lactose monohydrate, tribasic calcium phosphate, crospovidone, magnesium stearate, hypromellose, triacetin, titanium dioxide, yellow ferric oxide, and red ferric oxide

The safety and effectiveness of CRESTOR have not been established in children.

HOW SHOULD I TAKE CRESTOR?

- Take CRESTOR exactly as prescribed by your health care professional. Do not change your dose or stop CRESTOR without talking to your health care professional, even if you are feeling well
- Your health care professional may do blood tests to check your cholesterol levels before and during your treatment with CRESTOR. Your dose of CRESTOR may be changed based on these blood test results
- CRESTOR can be taken at any time of day, with or without food
- Swallow the tablets whole
- Your health care professional should start you on a cholesterol-lowering diet before giving you CRESTOR. Stay on this diet when you take CRESTOR
- Wait at least 2 hours after taking CRESTOR to take an antacid that contains a combination of aluminum and magnesium hydroxide
- If you miss a dose of CRESTOR, take it as soon as you remember. However, **do not take 2 doses of CRESTOR within 12 hours of each other**
- If you take too much CRESTOR or overdose, call your health care professional or Poison Control Center right away or go to the nearest emergency room

WHAT SHOULD I TELL MY HEALTH CARE PROFESSIONAL BEFORE TAKING CRESTOR?

Tell your health care professional if you

- have a history of muscle pain or weakness
- are pregnant or think you may be pregnant, or are planning to become pregnant
- are breast-feeding
- drink more than 2 glasses of alcohol daily
- have liver problems
- have kidney problems
- have thyroid problems
- are Asian or of Asian descent

Tell your health care professional about all medicines you take or plan to take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Some medicines may interact with CRESTOR, causing side effects. It is particularly important to tell your health care professional if you are taking or plan to take medicines for

– your immune system
– cholesterol/triglycerides
– blood thinning
– HIV/AIDS
– preventing pregnancy

Know all of the medicines you take and what they look like. It’s always a good idea to check that you have the right prescription before you leave the pharmacy and before you take any medicine.

(continued)

Keep a list of your medicines with you to show your health care professional. If you need to go to the hospital or have surgery, tell all of your health care professionals about all medicines that you are taking.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF CRESTOR?

CRESTOR can cause side effects in some people.

Serious side effects may include:

Muscle problems. Call your health care professional right away if you experience unexplained muscle pain, tenderness, or weakness, especially with fever. This may be an early sign of a rare muscle problem that could lead to serious kidney problems. The risk of muscle problems is greater in people who are 65 years of age or older, or who already have thyroid or kidney problems. The chance of muscle problems may be increased if you are taking certain other medicines with CRESTOR.

Liver problems. Your health care professional should do blood tests before you start taking CRESTOR and during treatment to check for signs of possible liver problems.

The most common side effects may include headache, muscle aches and pains, abdominal pain, weakness, and nausea.

This is not a complete list of side effects of CRESTOR. Talk to your health care professional for a complete list or if you have side effects that bother you or that do not go away.

HOW DO I STORE CRESTOR?

Store CRESTOR at room temperature, 68-77°F (20-25°C), in a dry place. If your health care professional tells you to stop treatment or if your medicine is out of date, throw the medicine away. **Keep CRESTOR and all medicines in a secure place and out of the reach of children.**

WHERE CAN I GET MORE INFORMATION ABOUT CRESTOR?

Talk to your health care professional. Full Prescribing Information is available on CRESTOR.COM or by calling 1-800-CRESTOR.

GENERAL INFORMATION

It is important to take CRESTOR as prescribed and to discuss any health changes you experience while taking CRESTOR with your health care professional. Do not use CRESTOR for a condition for which it was not prescribed. Do not give CRESTOR to other people, even if they have the same medical condition you have. It may harm them.

NOTE: This summary provides important information about CRESTOR. For more information, please ask your health care professional about the full Prescribing Information and discuss it with him or her.

Visit **CRESTOR.COM** or call the Information Center at AstraZeneca toll-free at **1-800-CRESTOR**.

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CRESTOR® rosuvastatin calcium

AstraZeneca

PRESSING MATTER An ironing board that folds into the wall frees up floor space. Shelves in the recessed area keep spray bottles handy.

WRAP AND ROLL Different-size drawers in the island, including long shallow ones for rolls of paper, organize wrapping supplies. "I can run in, wrap a gift in two minutes, and be on my way to take one of the kids to a birthday party," Beth says.

Beth's Stay-Organized Tips

- Give everything a home. Most-used items get the prime storage spots. Beth also stores her kids' art supplies on lower shelves for accessibility and so they learn to put things away.
- Routinely purge. "My rule is to deal with things—like dried-out glue—as I come across them so they don't build into big messes," Beth says.
- Supersize. Beth planned drawers and shelves for the biggest-case scenarios, such as jumbo rolls of wrapping paper. "We know whatever we buy will fit in its home," she says. "When you store things in separate places, you forget what you have."

continued on page 60

He's a tough guy. But he cleans up after himself.

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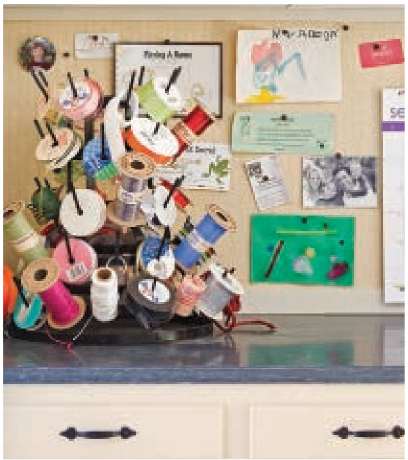

COLORFUL CLOSET Veronica, 9, grabs supplies from one of the craft closet's translucent bins. "We can just look through them and find what we're looking for—no labels needed," Beth says. Adjustable shelves in a U-shape configuration make efficient use of the space. Barn-style doors are a just-for-fun touch.

ART SPOT The built-in desk, where Donovan, 6, draws art projects, is also a computer station. The counter-height desktop allows Beth to check e-mails, as well as schedules pinned to the corkboard, while she's standing up. Chalkboard labels make it easy to identify and change items stored in the baskets.

For buying information see page 132.

TM

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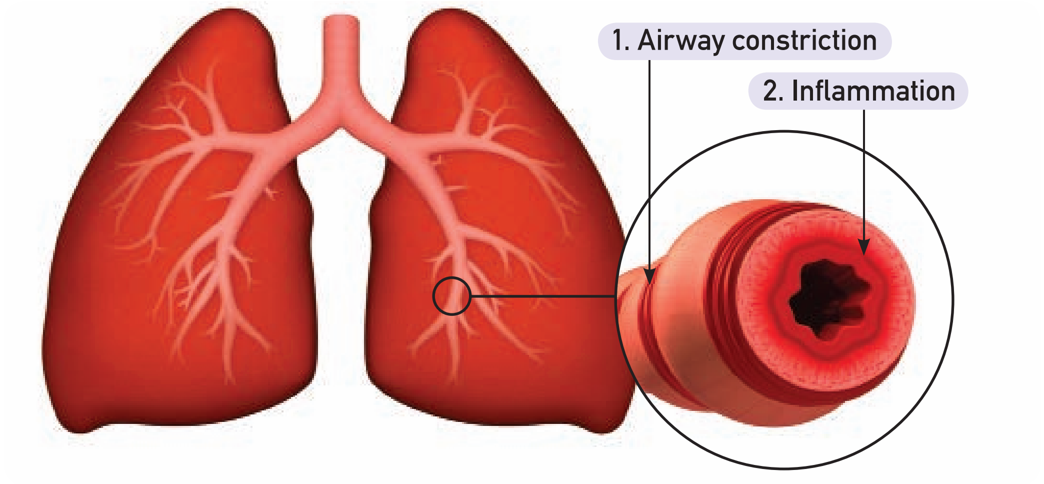
Treating both with ADVAIR® helps prevent symptoms.



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Talk to your doctor about the risks and benefits of treating your asthma with ADVAIR. Do not use ADVAIR with long-acting beta$_2$-agonists for any reason. If you are taking ADVAIR, see your doctor if your asthma does not improve or gets worse. Thrush in the mouth and throat may occur. Tell your doctor if you have a heart condition or high blood pressure. Some people may experience increased blood pressure, heart rate, or changes in heart rhythm. ADVAIR is for patients 4 years and older. For patients 4 to 11 years old, ADVAIR 100/50 is for those who have asthma symptoms while on an inhaled corticosteroid.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

*Subject to eligibility. Restrictions apply.
†ADVAIR contains 2 medicines; other products may contain just 1.

Please see accompanying Important Safety Information about ADVAIR DISKUS on next page.

GSK GlaxoSmithKline

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ADVAIR DISKUS® 100/50, 250/50, 500/50
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Important Safety Information About ADVAIR DISKUS

This brief summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is the most important information I should know about ADVAIR DISKUS?

- **In patients with asthma, long-acting beta$_2$-agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), may increase the chance of death from asthma problems.** In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, changes your chance of death from asthma problems seen with salmeterol. Talk with your healthcare provider about this risk and the benefits of treating your asthma with ADVAIR DISKUS.
- **ADVAIR DISKUS does not relieve sudden symptoms. Always have a fast-acting inhaler (short-acting beta$_2$-agonist medicine) with you to treat sudden symptoms. If you do not have a fast-acting inhaler, contact your healthcare provider to have one prescribed for you.**
- **Do not stop using ADVAIR DISKUS unless told to do so by your healthcare provider because your symptoms might get worse.**
- **ADVAIR DISKUS should be used only if your healthcare provider decides that another asthma-controller medicine alone does not control your asthma or that you need 2 asthma-controller medicines.**
- **Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.**
- **Get emergency medical care if:**
  - **breathing problems worsen quickly, and**
  - **you use your fast-acting inhaler, but it does not relieve your breathing problems.**

What is ADVAIR DISKUS?

- **ADVAIR DISKUS contains 2 medicines:**
  - **fluticasone propionate (the same medicine found in FLOVENT®),** an inhaled corticosteroid medicine. Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - **salmeterol (the same medicine found in SEREVENT®),** a LABA. LABA medicines are used in patients with asthma or chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.

Asthma

ADVAIR DISKUS is used long term, twice a day, to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children ages 4 and older.

Chronic Obstructive Pulmonary Disease (COPD)

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, twice a day, to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- **have heart problems**
- **have high blood pressure**
- **have seizures**
- **have thyroid problems**
- **have diabetes**
- **have liver problems**
- **have osteoporosis**
- **have an immune system problem**
- **are pregnant or planning to become pregnant.** It is not known if ADVAIR DISKUS may harm your unborn baby
- **are breastfeeding.** It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby
- **are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products**
- **are exposed to chickenpox or measles**

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines Norvir® (ritonavir capsules) Soft Gelatin, Norvir® (ritonavir oral solution), and Kaletra® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider will prescribe the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation twice a day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS twice a day, do not use other medicines that contain a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.**
- Do not change or stop any of your medicines used to control or treat your breathing problems. Your healthcare provider will adjust your medicines as needed.
- Make sure you always have a fast-acting inhaler with you. Use your fast-acting inhaler if you have breathing problems between doses of ADVAIR DISKUS.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use 1 whole canister of your fast-acting inhaler in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- See *"What is the most important information I should know about ADVAIR DISKUS?"*
- Patients with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. **Call your healthcare provider if you notice any of the following symptoms:**
  - increase in mucus (sputum) production
  - change in mucus color
  - increased breathing problems
  - fever
  - increased cough
  - chills
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction, including:
  - rash
  - swelling of the face, mouth, and tongue
  - hives
  - breathing problems
- **increased blood pressure**
- **chest pain**
- **a fast and irregular heartbeat**
- **headache**
- **tremor**
- **nervousness**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.

Other common side effects include:

- hoarseness and voice changes
- throat irritation
- thrush in the mouth and throat
- respiratory tract infections

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.

ADVAIR DISKUS, DISKUS, FLOVENT, and SEREVENT are registered trademarks of GlaxoSmithKline. Norvir and Kaletra are registered trademarks of Abbott Laboratories.

GlaxoSmithKline
Research Triangle Park, NC 27709
ADD:6PI April 2009

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AD5074R0 November 2009

The World's FINEST Artificial Christmas Trees

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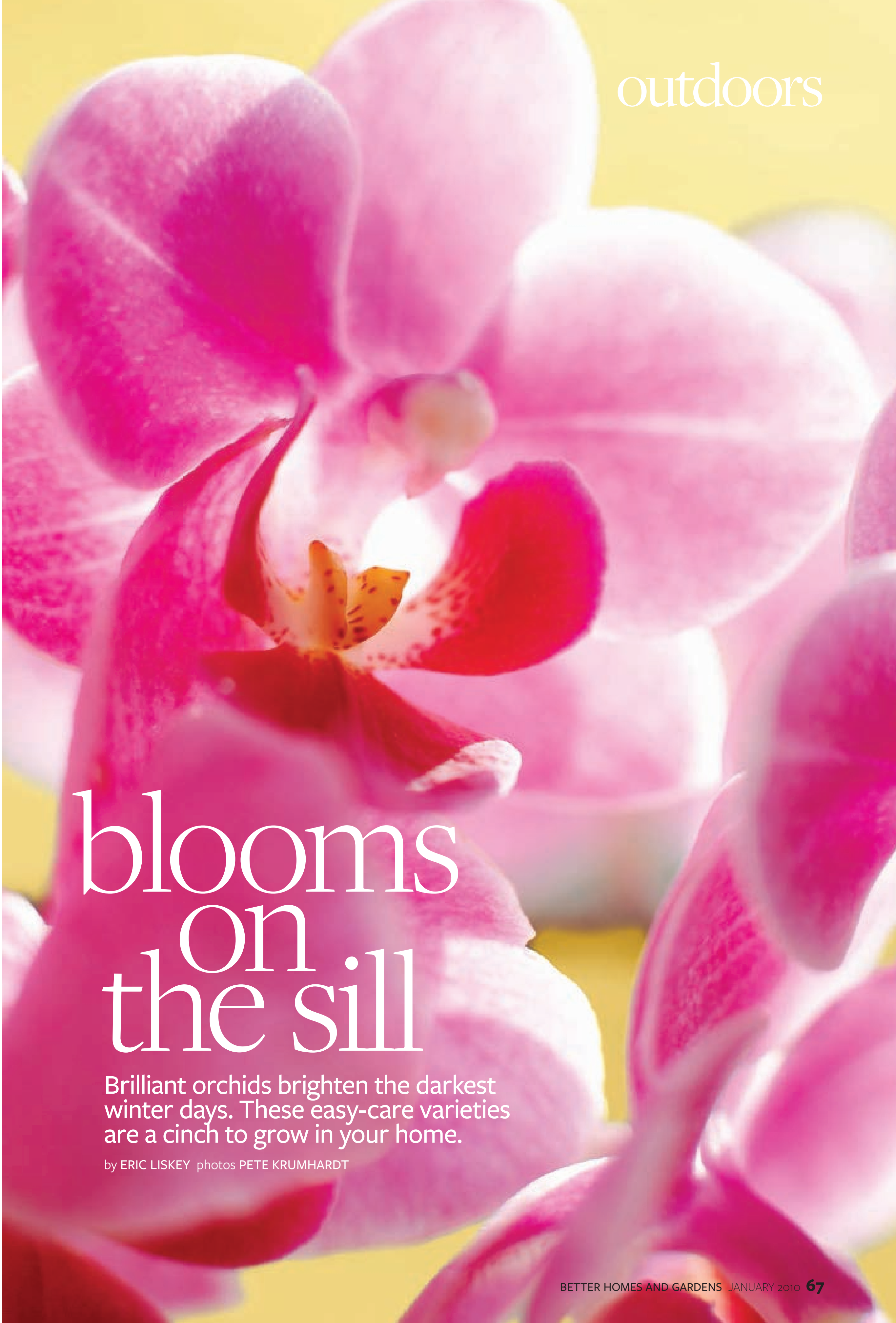


blooms on the sill

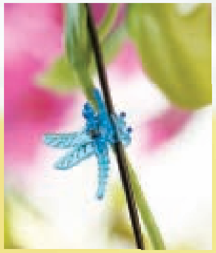
Brilliant orchids brighten the darkest winter days. These easy-care varieties are a cinch to grow in your home.

by ERIC LISKEY photos PETE KRUMHARDT

Growing Orchids Indoors

Caring for orchids in your home is not difficult—if you choose the right types (see *page 70*). Improper watering is the most common reason for failure, followed by poor light. If you find a well-lit location and pay close attention to watering, you'll be delighted at the results.

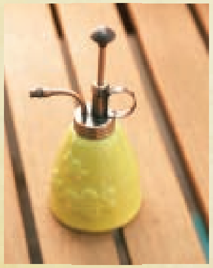
LIGHT
Most orchids thrive at or near an east window, or in a south window with a sheer curtain. West windows can be too hot, north windows too dim.



STAKES
The tall, delicate flower stalks need support to avoid breaking. Slender bamboo stakes and small clips or wire secure the stems.

WATER & FERTILIZER
Many orchids must dry before watering again. A few (see next page) need more constant moisture. Each time you water, use orchid fertilizer at quarter-strength.

REPOTTING
Every 1–2 years, orchids need repotting in new medium. Bark is the standard because it is difficult to overwater. Moss also works but has less margin for error.

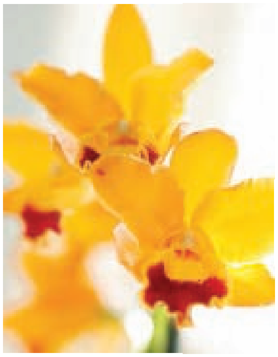


HUMIDITY
Although many orchids can survive low indoor humidity, setting pots atop a bed of moist gravel raises humidity and helps them thrive. A daily misting is beneficial as well.

Sure-Fire Choices

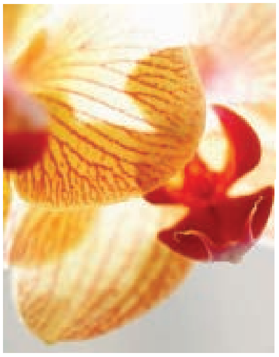
These four groups of orchids are among the easiest to grow indoors. With the proper care (see previous page), they will grow and rebloom, rewarding you with their stunning color and form.

1. NUN'S ORCHIDS
Because they enjoy moisture and are difficult to overwater, the leafy nun's orchid (*Phaius* 'Joan Hart', *far left*) and its equally lovely hybrid, *Phaiocalanthe, left*, are among the easiest orchids for beginners.



2. CATTLEYA HYBRIDS
Many hybrid *Cattleya* orchids (Burana Beauty 'Burana', *far left;* Little Fairy 'Genie', *left*) can do well indoors. Place them near a bright window and be sure to let them dry before watering again.

3. LADY SLIPPERS
Plants from the Maudiae group of tropical lady slippers (*Paphiopedilum*) are also particularly good for novices because they tolerate ample moisture as well as the lower light levels indoors.



4. MOTH ORCHIDS
The most widely sold orchid, *Phalaenopsis* is also easy to grow as long as you let it dry between waterings. It tolerates lower light than most orchids, giving you more placement options in your home.

For buying information see page 132.

Go Online
For a more detailed discussion of easy orchids for your home, and more beautiful photos, go to *BHG.com/easyorchids.*

by SUSAN APPLEGET HURST
photos KRITSADA
produced by SCOTT J. JOHNSON

PLANTABLE POTS
Sow seeds in biodegradable pots made of peat, *above*, newsprint, or coir, and there will be no need to store or throw away plastic pots.

growth fun

A Guide to Super-Simple Seed Starting

Save money, grow hard-to-find flowers and vegetables, and get an early jump on gardening by starting your own seeds this spring.

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Start Right

To sprout seeds indoors, you need only a few inexpensive supplies. Here's how to choose the proper light, containers, and soil for growing healthy garden transplants.

SEEDLING MIX

Seedlings need a fine, light soil that holds moisture evenly, allows tiny plants to grow quickly, and is free of weed seeds and disease organisms. For the best results, use a planting mix specifically labeled for seed starting.

POT-POURRI

No matter what pots your seeds are planted in, it's important that they allow extra moisture to drain away. Indoor seed-starting kits are widely available, but first consider reusing clean six-packs from last year's garden purchases, using biodegradable containers or peat pellets, or even making your own pots from newspaper (see buyer's guide, *page 132,* for more information).

LIGHT & BRIGHT

A south-facing windowsill that receives direct sun works well. Or, use plant lights or a dual-tube fluorescent fixture with a cool-white tube and a warm-white tube to provide a full spectrum of light. A timer is helpful but not necessary.

FEB 8

IT ADDS FRESHNESS. IT'S AUTOMATIC.

IT'S ONE THING YOU CAN KEEP IN YOUR DRYER FOR ABOUT 4 MONTHS* WITHOUT IT BECOMING WRINKLED OR DIZZY.

Just stick the Bounce Dryer Bar inside your dryer and enjoy automatic freshness.

*Depends on frequency of use and dryer settings.

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RIDERS
BY
Lee
"THEY INSTANTLY SLIM YOU"
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STACY LONDON
STYLE & FIT EXPERT
TUMMY CONTROL PANEL
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Available at Walmart
Save money. Live better.
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Sow and Grow

It's not necessary to fuss a great deal over your seedlings (unless you really like to!). Here's how to plant and tend them.

Count on the Calendar

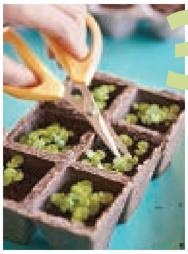
Seed packets usually tell you when to start seeds by referencing your average last-frost date. For example, if the packet directions say to start plants indoors six weeks before your average last frost, count back six weeks from that date.

Go Online

Not sure what the average last-frost date is where you live? Find out at ***BHG.com/lastfrost.***

1 PLANT PROPERLY Take a look at each seed packet to find instructions on planting depth. If seeds are too small for you to sow with your fingers, place a few in a folded slip of paper and gently tap them into the soil. Plant one to three seeds in each pot and cover (or not) as instructed.

2 LIGHT BRIGHTLY Seedlings require about 12 hours of bright light per day to grow strong, stocky stems. If you don't have a suitable windowsill, use fluorescent lights. Situate them 2–3 inches above the tops of the plants. Adjust the height of the lights upward as the plants grow.



3 THIN RUTHLESSLY Before seedlings are 2 inches tall, snip off the weakest plants in each pot at soil level, leaving just one or two plants in each cell. From then on, every time you water use liquid fertilizer at one-quarter the rate listed on the package. Water as needed to keep seedlings moist.

PERFECT FOR THE PERSON WHO ALWAYS REMEMBERS THE DRYER SHEET.

AFTER THE LAUNDRY'S DONE.

And, it's easy to install. Just stick it and forget it for about 4 months.*

*Depends on frequency of use and dryer settings.

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Got a cough?

For long lasting relief, give mucus the heave-ho.

Only Mucinex® DM quiets coughing and breaks up mucus for 12 hours.*
When mucus causes coughing and chest congestion, it can make you feel miserable. Only Mucinex DM breaks up mucus and quiets coughing to give you 12 hours of long lasting relief.

Mucinex®
Mucinex in. Mucus out.®

Use as directed.

*per dose

www.mucinex.com

Moving Day

Follow these steps to take your seedlings to the next level—their graduation to the garden.

1 HARDEN OFF PLANTS

A week before planting, harden off plants by placing them in a bright outdoor area, protected from wind and hard rain. Cool-season plants, such as pansies, salad greens, turnips, and broccoli—which tolerate a light frost—can be hardened off and planted when the ground thaws. Wait until nighttime temperatures are in the 50s to harden off summer vegetables and flowers. Move summer annuals indoors overnight if temperatures dip into the 30s. If you harden off plants in a cold frame, *left*, close the cover on chilly nights to retain heat.

2 PLANT IN THE GARDEN

After plants have hardened off, it's time to plant them. As you dig each planting hole, incorporate compost into the soil. Plant each seedling only as deep as it was in the pot (with the exception of tomatoes, whose stems should be buried several inches deep), and water it well.

3 PROTECT SEEDLINGS

Apply mulch around the newly planted seedlings to retain moisture and reduce weeds. If frosty nights threaten plants, protect them with sheets, hot caps, or cloches. Remove them when the weather improves.

ONE BAR TAKES CARE OF ABOUT 88 LOADS* BEFORE YOU NEED TO REPLACE IT.

89 IF YOU COUNT THE LOAD OFF YOUR MIND.

*Depends on frequency of use and dryer settings.

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Natural BLUE Health Bars are a delicious, healthy reward for your dog. They're made with wholesome whole grains, fruits and vegetables, and are fortified with Omega 3 fatty acids. Plus, unlike most other treats, BLUE Health Bars contain no corn, wheat or soy.

Also available in Chicken Liver, Natural Cheese, and Bacon, Egg & Cheese.

**Love them like family.
Feed them like family.™**

Budget Tip $

Which seeds should you start?

If you want to grow hard-to-find varieties, or you need several plants of one type, starting your own seeds makes sense. Our first seed-starting picks: heirloom tomatoes and peppers, and unusual varieties of lettuce. If you need only one or two plants of a common variety, it will cost less to buy seedlings at the garden center than to buy seed and start your own.

Direct sowing Some vegetables, such as beans, corn, and squash, do better planted directly in garden soil. It still makes sense to grow them from seed, but you needn't start them early indoors.

Catalog picks Watch for 2010 seed catalogs like these, *right*, in the mail, or order them from *mailordergardening.com*. Seed suppliers often sell out of popular varieties, so order soon.

For buying information see page 132.

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Mom, if the first ingredient in my food isn't real meat, let's switch to BLUE.

The first ingredient in BLUE™ is always real meat. Do you know what it is in your dog's food?

Surprisingly, the first ingredient in many leading dog food brands is corn or chicken by-product meal, not real meat like it is in BLUE. The first ingredient in any dog food is the most important because there is more of that ingredient than any other. All BLUE dry foods start with deboned chicken, fish or lamb, followed by whole grains, garden veggies and fruit. And your dog can enjoy all of this **natural, wholesome goodness for as little as 64¢ a day.***

How does your dog's food compare to BLUE?

	BLUE	*Your Dog's Food*
Deboned Chicken, Fish or Lamb is the FIRST Ingredient	✓	?
Wholesome Whole Grains	✓	?
Garden Veggies & Fruit	✓	?
LifeSource® Bits	✓	?
All Natural**	✓	?
NO Corn, Wheat or Soy	✓	?
NO Chicken or Poultry By-Product Meals†	✓	?

You'll find BLUE at leading pet specialty stores.

Compare your dog's food to BLUE™ at

HolisticBlueDogs.com.

† *As chicken and poultry by-product meals are defined in the 2009 AAFCO Official Publication.*

* *Based on MSRP of a 30-lb. Adult Chicken bag for a dog weighing 40 lbs. Actual cost may vary depending on the weight and breed of dog, and size of bag purchased.*

** *Fortified with vitamins and minerals.*

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refresh
your beauty routine

1. replace

that battered mini applicator included in your makeup compact with a real makeup brush. Investing in a set of makeup brushes used to be just that—an investment. But a good brush makes all the difference in the application and appearance of your makeup. You'll find great inexpensive and costly options, but none of them match the fun and functionality of **Sephora**'s dual-ended Color-Dipped Brushes, especially the pink foundation and powder brush—my definite must-have; $18-$35

Make small changes that yield notable results. BHG Beauty Director Melissa Milrad Goldstein divulges her top 10 tips to kick-start 2010.

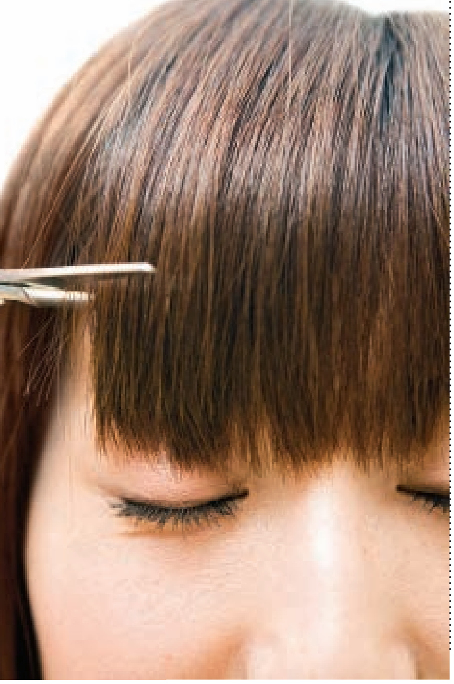
by **MELISSA MILRAD GOLDSTEIN** photos **JEFF HARRIS** styling **MARISSA GIMENO**

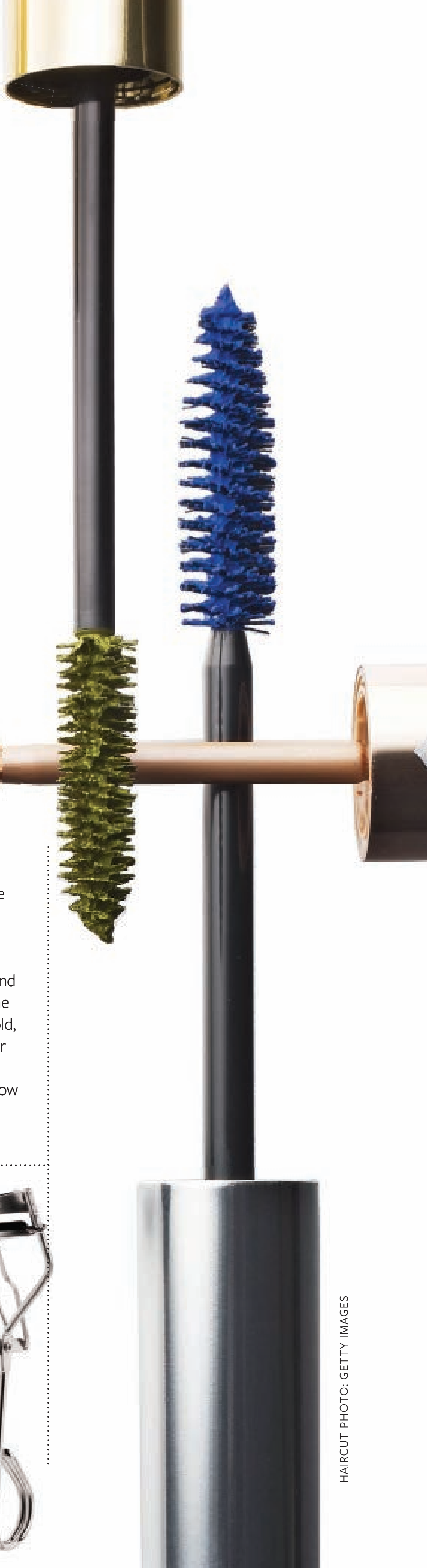
2. recycle empty shampoo and body lotion bottles.

Check the container's underside for a number in a triangle, then pitch anything with a number 1 or 2 in your curbside recycling bin—most communities can recycle these plastics.

3. resolve to make one new change to your hair.

It can be virtually anything. Try a new shampoo, get a deep conditioning treatment at the salon, change the way you part your hair, cut bangs, grow out bangs, go for layers, add lowlights, or try a temporary color glaze. No need to do anything dramatic—think baby steps. I plan to lop off more than my usual 2-inch trim and go shoulder-length. And if I don't like it, it's sure to grow out by the time the snow melts.





4. reignite your look with a swipe of vividly colored mascara.

Maintain all the definition and volume of your favorite mascara while intensifying baby blues (and greens and browns). Tinted mascaras don't scream color; in fact they aren't immediately noticeable until you hold your head a certain way and your lashes catch the light. With hues that range from the prim (brown, plum, gray) to more pronounced (blue, gold, red), there's a shade to suit everyone. These three flatter every eye color: **Khaki** Yves Saint Laurent Volume Effet Faux Cils mascara in Khaki Green, $29; **Blue** Dior DiorShow mascara in Azure Blue, $24; **Copper** Hard Candy Ginormous Volumizing mascara in Stash, $6.

5. reheat your eyelash curler.

"Shoot your eyelash crimper with a hair dryer for 5 seconds," says Los Angeles-based makeup artist Joanna Schlip. "Your lashes will look twice as intense and stay curled twice as long." Touch it to the inside of your wrist first to make sure it's not too hot to handle.

HAIRCUT PHOTO: GETTY IMAGES

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naturals
Our wide variety of body washes make Bath & Body Works* smell way overpriced.
Suave Naturals body washes come in a variety of fun fresh scents from cool crisp Cucumber Melon to delightful Wild Cherry Blossom that women prefer. Each is infused with natural extracts that smell like you paid a lot more. Discover our variety of scents at suave.com
Rethink specialty store fragrances
Suave
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Stay dry during downpours.
No pad is drier than Always Maxi.
always
maxi
Have a happy period.

6. recharge

your complexion with highlighter. I've said it before, and I'll keep on saying it: Commit to using a highlighter every day. A dab high on your cheekbones, and a tad on temples or under the brow bone give instant youthful luminosity. **Laura Mercier** Shimmer Bloc, $38.

7. rethink

your anti-aging routine. Skin care science just keeps getting better and better. So if you're still dipping into the same old anti-ager that's been your go-to for the last decade, you're shortchanging yourself. I'll be slathering on **Avon** ANEW Reversalist, which contains an exciting new molecule said to reactivate skin's repair process, minimizing wrinkles and small crinkles; $32.

8. resolve

to schedule your yearly skin cancer screening. Covered up in warm sweaters and long pants all winter, you tend to forget about sun damage. Yet now's the time to have a doctor perform a full body scan for questionable moles and freckles. And don't neglect daily sun protection. "Most people are not aware that winter sun causes as much damage as summer's UV rays," says Paul Friedman, New York dermatologist and author of *Beautiful Skin Revealed.*

9. restock

shelves with your favorite Prescriptives products. Good-bye Virtual Skin, *sayonara* Super Line Preventor Xtreme, farewell Custom Blend. After 30 years, makeup and skin care giant **Prescriptives** will be no more. Load up on your favorites (unopened they have a 2-year shelf life) at retail counters until January 31 and at *prescriptives.com* while inventory lasts. Calyx, the brand's iconic scent, will remain (phew!) on the Web site and at department stores.

10. rebalance

your skin by cleaning the grime and oils off your phones. If you've ever taken a look at your cell phone's screen on a warm day, or noticed a slight foundation film sitting on the bottom half of the telephone receiver, you know what I mean. Use this opportunity to take an antibacterial wipe to each phone in your home. Pledge to repeat this process regularly throughout the year.

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INGREDIENTS: water, partially hydrogenated soybean oil, rennet casein, modified corn starch, potato starch, sodium aluminum phosphate, vital wheat gluten, salt, potassium chloride, citric acid, potassium sorbate [preservative], sodium phosphate, sodium citrate, titanium dioxide [color], maltodextrin, magnesium oxide, zinc oxide, vitamin A palmitate, riboflavin, vitamin B12.

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REAL MOZZARELLA CHEESE:

INGREDIENTS: milk, cheese cultures, salt, enzymes.

	Prep	Fat (g)	Trans Fat (g)
Bagel Bites®	**Baked**	**7**	**0**
Totino's® Pizza Rolls®	Pre-Fried	10	1.5

Bagel Bites®

Made with
Real Cheese
8g Protein per serving
0g Trans Fat per serving

Nutritional information for Totino's found on product packaging. Comparisons based on 1 serving of Bagel Bites cheese and pepperoni, and 1 serving of Totino's pepperoni Pizza Rolls.
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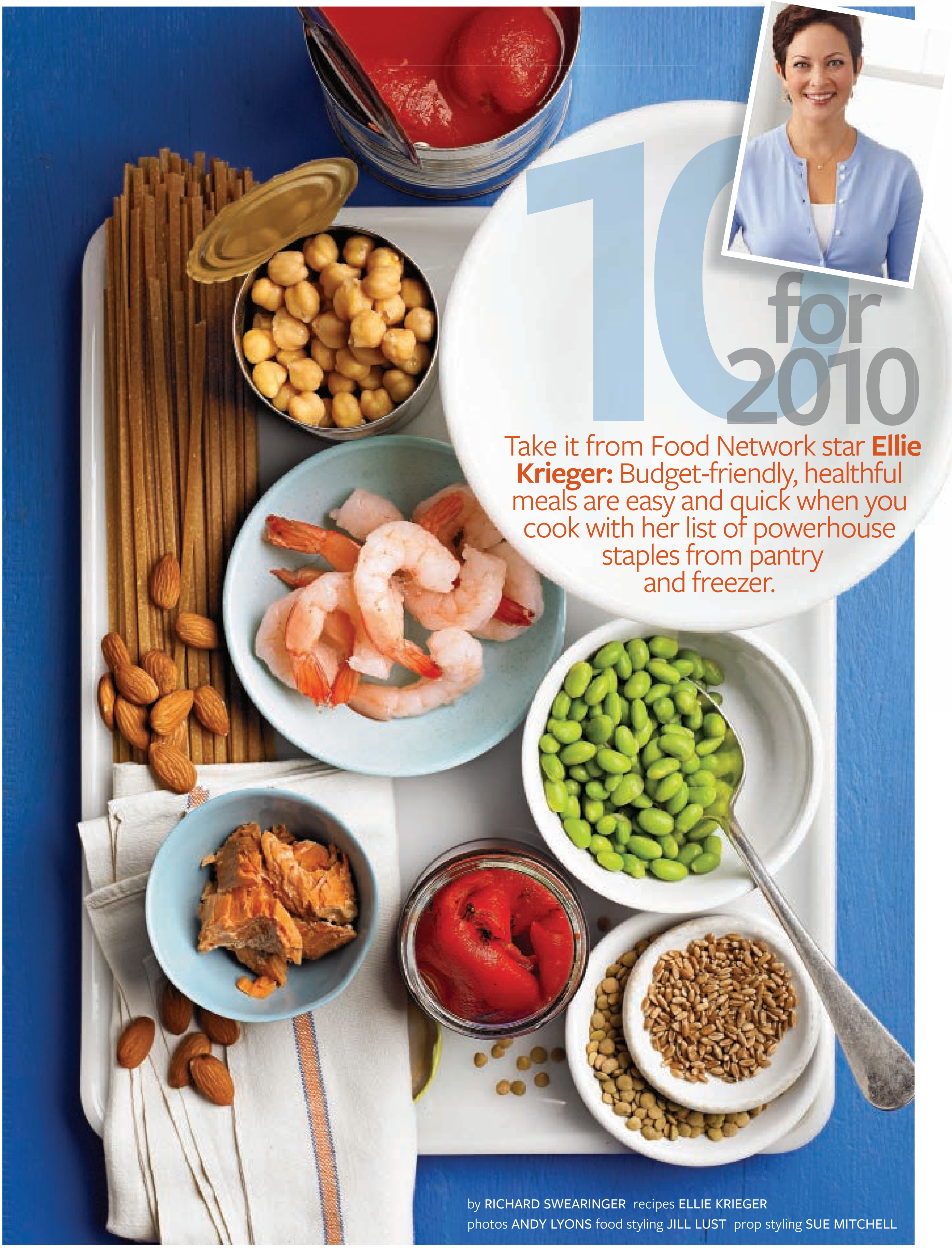

10 for 2010

Take it from Food Network star **Ellie Krieger:** Budget-friendly, healthful meals are easy and quick when you cook with her list of powerhouse staples from pantry and freezer.

by RICHARD SWEARINGER recipes ELLIE KRIEGER
photos ANDY LYONS food styling JILL LUST prop styling SUE MITCHELL

When we asked Ellie to name her favorite pantry staples for 2010, she surprised us by going way beyond a box of rice and a can of broth. “To make my list,” she says, “ingredients have to be in that sweet spot where healthy meets delicious.” Add the right recipes and this carefully chosen pantry allows her to get dinner on the table quickly, Ellie says. “These ten recipes are the ones I rely on to ensure I’m eating well when life is at its busiest.” Try her favorite dishes, or get creative with these basic ingredients and know you’ll be starting the year off in healthy style.

canned beans
frozen shrimp
whole wheat pasta
dried lentils
canned tomatoes
roasted red peppers
canned salmon
wheat berries
frozen edamame
nuts

BAKED BEANS WITH HAM AND GREEN APPLE-CABBAGE SLAW

Recipes begin on page 104

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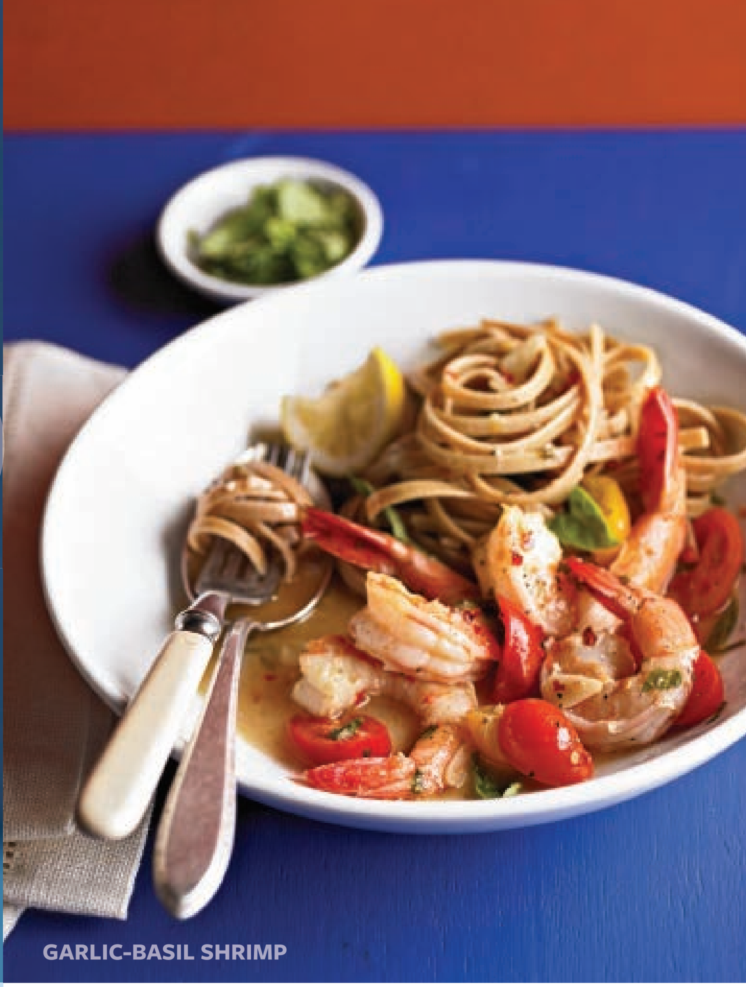
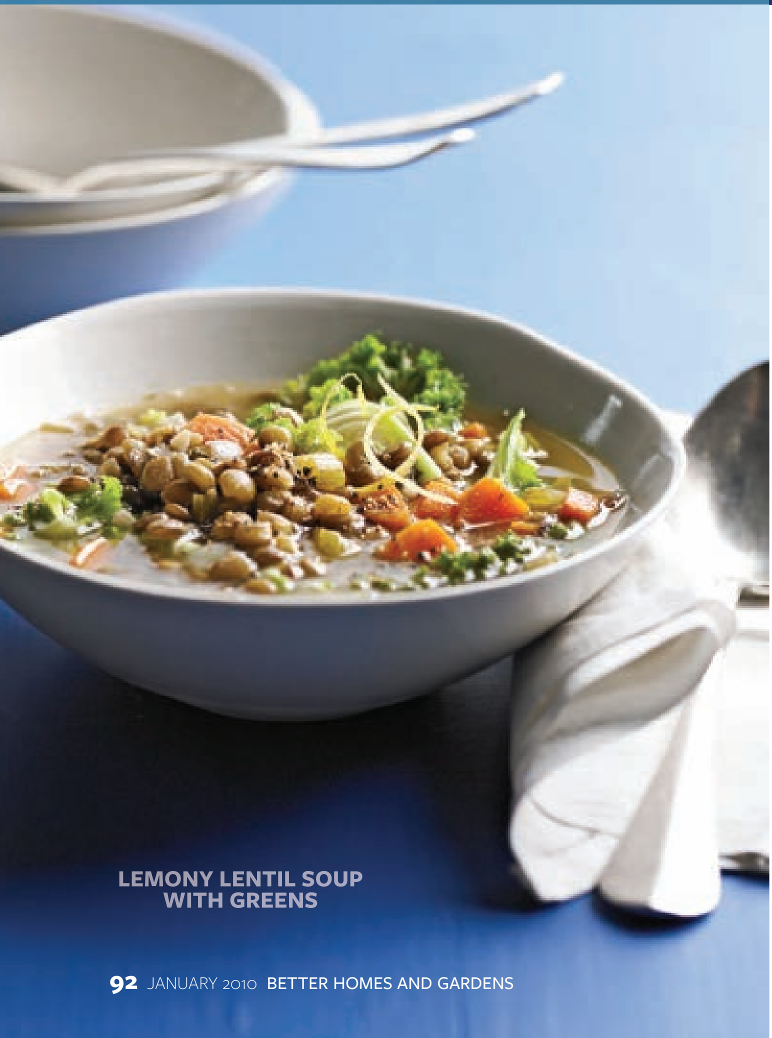
5 simple ingredients. No need to stir. 100% natural great taste.
Choosy moms choose Jif.® Naturally.

"Having the right staples on hand is a great feeling—you know you have dinner in your back pocket, no matter what, says Ellie."



GARLIC-BASIL SHRIMP



LEMONY LENTIL SOUP WITH GREENS

"A bowl of sautéed **frozen shrimp** has both upscale charm and down-home appeal. The dish is ready in the time it takes to boil the **whole wheat pasta,** so it's my family's favorite rush-hour meal."

"Tiny, tasty **lentils** pack a big nutritional punch in this hearty soup. Tender kale, sweet carrots, and tart lemon add color, flavor, and an extra measure of healthy goodness."

Recipes begin on page 104

©2009 P&G.
"Silky-feeling hands in winter? Sounds like a great way to wring in the new year."
DAWN
HAND RENEWAL
WITH OLAY® BEAUTY
IMPROVES THE LOOK & FEEL OF HANDS IN 5 USES
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“Canned tomatoes are like summer saved—all that deep, sun-kissed flavor ready to be enjoyed.”

AROMATIC BEEF STEW WITH BUTTERNUT SQUASH

Recipes begin on page 104

Life's full of choices. Who gives you more than SONIC?

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Grilled all white meat chicken breast, fresh lettuce, ripe tomatoes and light ranch wrapped in a warm flour tortilla. Served with apple slices with fat-free caramel dipping sauce.

Grilled Chicken Sandwich on a Wheat Bun*

Grilled Chicken Salad

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*Wheat bun made with 10 grams whole grain. Apple slices sold separately and packaged by weight.

MEDITERRANEAN SALMON WRAPS

WHEAT BERRY SALAD WITH LEMON-CUMIN GRILLED CHICKEN BREAST

"Hearty **canned salmon** gets the Mediterranean treatment. Wrapped up with silky-sweet **roasted red peppers** in a lemon-olive oil dressing, this sandwich fills you up without slowing you down."

"**Wheat berries** are a tender, chewy wonder food. I love how they add an unexpected element to a dish without taking you out of your comfort zone."

"Protein-packed **edamame** has gone mainstream. Tossed with corn and tomatoes, this warm salad works as a side dish for my carnivorous husband and as a main for vegetarian guests."

Recipes begin on page 104

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*Based on at least 2–3 cups per day.

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food

RECIPES FOR EVERY DAY

sunshine by the slice

With both lemon peel and juice, these recipes pack a double citrus blast that chases away winter gloom.

by RICHARD SWEARINGER
photos ANDY LYONS
food styling JILL LUST
recipes RICHARD SWEARINGER

LEMON-VANILLA TART
Recipe on page 100

FOR JUICIER MEATS AND RICHER SAUCES AND GRAVIES,

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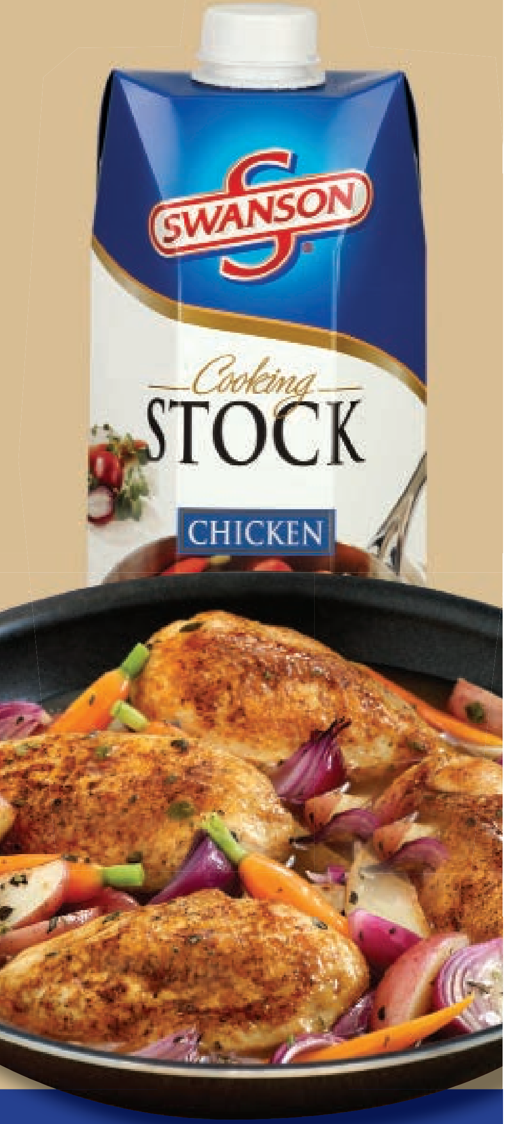

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LEMON-VANILLA TART

A sizeable shot of vanilla brings out the sweet, flowery side of lemons.

PREP: 40 MIN. **BAKE:** 20 MIN. **OVEN:** 450°F/350°F

- 1 recipe Tart Pastry, *below*
- 2 lemons
- ½ cup sugar
- 1 Tbsp. all-purpose flour
- 2 eggs
- ¼ cup butter, melted
- 1 Tbsp. vanilla
- 1 recipe Oven-Candied Lemon Slices, *below, right*

1. Prepare Tart Pastry. Preheat oven to 450°F. Wrap the rolled-out pastry around a rolling pin. Using pin, ease pastry into a 9-inch tart pan with removable bottom, taking care not to stretch the pastry. Press pastry into fluted sides of tart pan. Trim edges even with the pan. Line pastry with a double thickness of foil. Bake for 8 minutes. Remove foil. Bake 5 to 6 minutes more or until crust is golden. Cool on wire rack. Reduce oven temperature to 350°F.

2. Meanwhile, finely shred 4 teaspoons peel from lemons. Set aside. Squeeze enough juice from lemons to measure 6 tablespoons; set aside.

3. In medium bowl combine sugar and flour. Add eggs. Beat with electric mixer on medium to high speed for 3 minutes or until mixture is light in color and slightly thickened. Stir in lemon peel, lemon juice, butter, and vanilla. Pour into pastry shell. Place tart pan on a baking sheet.

4. Bake 20 to 25 minutes or until filling is set and lightly browned. Cool on a wire rack.

5. To serve, remove sides of pan, and top tart with Oven-Candied Lemon Slices.

MAKES 8 SERVINGS.

TART PASTRY In medium bowl cut ½ cup cold *butter* into 1¼ cups *all-purpose flour* until pieces are the size of small peas. In a small mixing bowl combine 1 beaten *egg yolk* and 1 tablespoon *ice water*. Gradually stir the egg yolk mixture into the flour mixture. Add 2 to 4 tablespoons more *water*, 1 tablespoon at a time, until all the dough is moistened. Shape into a ball. If necessary, cover dough with plastic wrap and chill in refrigerator for 30 to 60 minutes or until dough is easy to handle. On a lightly floured surface, roll out dough to an 11-inch circle. Use to prepare Lemon-Vanilla Tart.

EACH SERVING *338 cal, 19 g fat, 125 mg chol, 143 mg sodium, 40 g carbo, 3 g fiber, 5 g pro.*

lemon basics

BUYING/STORING Look for lemons that are heavy for their size, have bright skins, and are free of soft spots. Store in the crisper drawer of the refrigerator up to 2 weeks.

REMOVING PEEL It's easier to take off peel before you juice. Use a vegetable peeler and remove only the yellow layer; avoid bitter white pith. Cut into strips, mince, and it's ready to use.

JUICING A hand-held wooden reamer is an efficient way to extract the juice from any citrus. For maximum juice yield, roll lemons on the counter a few times, and let stand 30 minutes at room temperature.

OVEN-CANDIED LEMON SLICES

Line a 15×10×1-inch baking pan with parchment paper. Cut 2 small lemons crosswise into ⅛- to ¼-inch-thick slices. Arrange in a single layer on pan. Sprinkle lemon slices with ¼ cup sugar. Bake in a preheated 275°F oven 45 to 50 minutes or until lemons are almost dry and covered with a sugary glaze. While still warm, loosen slices from paper to prevent sticking.

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†Among major brands. In Swanson, a small amount of glutamate occurs naturally in yeast extract.

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TRY ADDING ¼ TEASPOON OF MCCORMICK OREGANO TO GRILLED CHEESE WITH MOZZARELLA AND SLICED TOMATOES.

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ROAST CHICKEN WITH FIERY LEMON GLAZE

When you marinate the chicken in lemon juice, the citrus penetrates deep into the meat, flavoring every bite.

PREP: 30 MIN. MARINATE: 8 HOURS
ROAST: 1 HR 30 MIN. STAND: 15 MIN.

- 1 4- to 5-lb. whole roasting chicken
- 4 to 6 small lemons
- ¼ cup olive oil
- 2 Tbsp. snipped fresh parsley
- 4 cloves garlic, minced
- 1 tsp. cayenne pepper
- ½ cup honey
- 2 to 3 small lemons, halved or quartered (optional)

1. Remove giblets from chicken, if present. Place chicken in plastic bag set in shallow dish. Slice 2 of the lemons; add to bag. Finely shred 2 teaspoons peel from remaining lemons; set aside. Squeeze lemons to yield 1/2 cup plus 2 tablespoons juice for glaze.
2. For marinade, in bowl combine the 1/2 cup lemon juice, olive oil, parsley, garlic, 1/2 teaspoon of the cayenne pepper and 1/2 teaspoon each *salt* and *black pepper*. Pour over chicken; turn to coat. Seal bag. Refrigerate 8 to 12 hours; turn occasionally.
3. Preheat oven to 375°F. Let chicken stand at room temperature 15 minutes. Drain chicken and set aside lemon slices; discard marinade. Pull neck skin to back and fasten with a skewer. Tie drumsticks to tail. Twist wing tips under back.
4. Place chicken, breast side up, on a rack in a shallow roasting pan. Cover with lemon slices. Arrange lemon halves or quarters on rack around chicken. Roast on lowest rack, uncovered, for 1 hour.
5. Meanwhile, in small saucepan combine honey, the shredded lemon peel, the 2 tablespoons lemon juice, and remaining 1/2 teaspoon cayenne pepper. Bring to boiling over medium heat, stirring occasionally. Remove from heat; set aside.
6. Cut string between drumsticks and reposition any lemon slices that have slid off of chicken. Continue roasting 30 to 60 minutes more, or until drumsticks move easily in their sockets and chicken is no longer pink (180°F), occasionally brushing with some of the honey mixture during the last 20 minutes of roasting. If lemons begin to darken, tent loosely with foil. Remove chicken from oven. Let stand for 15 minutes before slicing. Pass remaining honey glaze. **MAKES 8 SERVINGS.**

EACH SERVING *468 cal, 30 g fat, 115 mg chol, 256 mg sodium, 23 g carbo, 2g fiber, 30 g pro.*

SPICES FOR HEALTH

McCormick

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meet ellie

Ellie Krieger, registered dietitian and host of Food Network's *Healthy Appetite,* created these dishes based on how she likes to feed family, friends, and fans. "As a food lover and dietititian, I've found to get people to eat well, don't say a word about health—just cook fantastic food for them," she says. "And in my kitchen no ingredient is ever off-limits." She shares this approach to a balanced, healthful diet in her award-winning book, *The Food You Crave* (Taunton; $28) and her newest book, *So Easy* (Wiley; 29.95).

Ellie earned a master's degree in nutrition from Columbia University and completed undergraduate work at Cornell University. She lives in New York City with her husband, Thom, and daughter, Isabella.

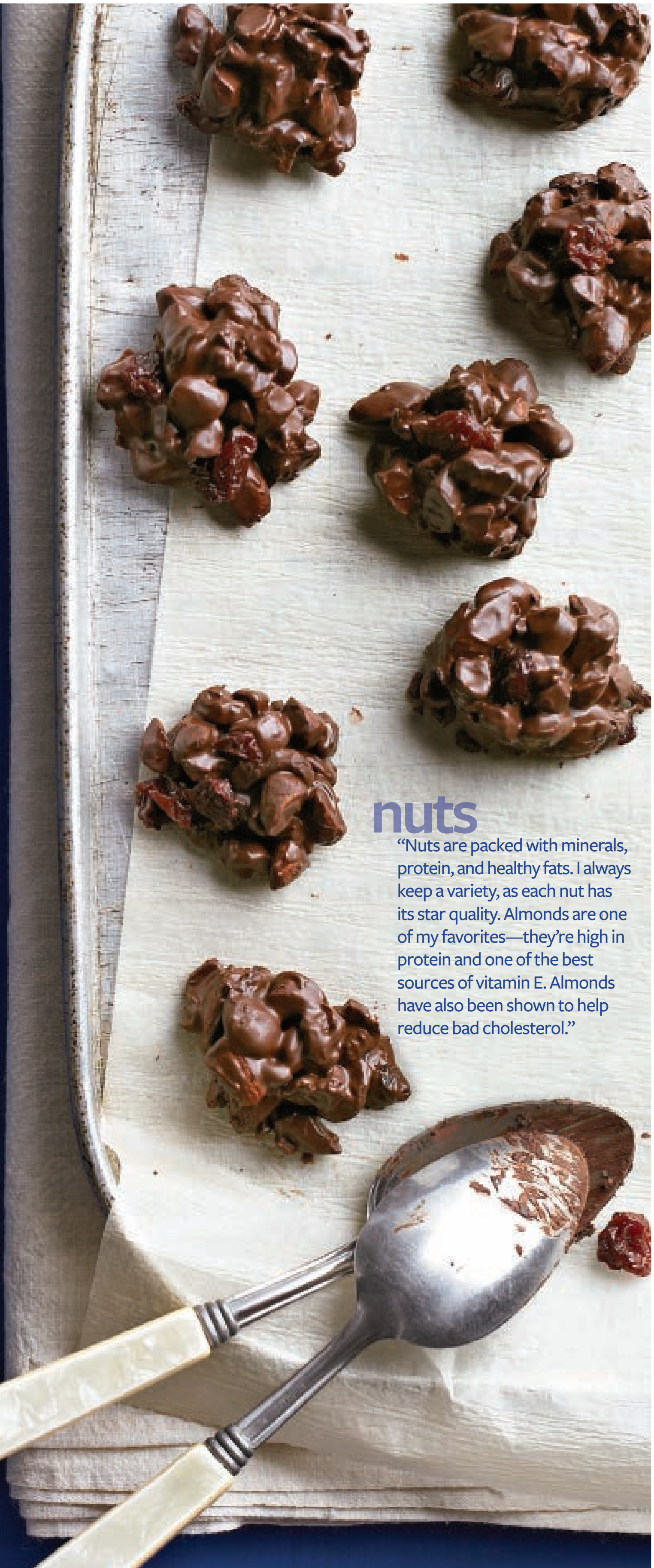
CHERRY-ALMOND-CHOCOLATE CLUSTERS

"I like to bookend my day with chocolate—I make the clusters in the morning and have them for dessert in the evening," says Ellie. These treats are decadently messy—serve with napkins.

PREP: 15 MIN. CHILL: 20 MIN.

- 1 cup whole almonds, toasted and coarsely chopped
- ½ cup dried cherries, coarsely chopped
- 6 oz. dark or bittersweet chocolate (60% to 70% cocoa), finely chopped

1. In medium bowl toss together almonds and cherries. Line baking sheet with waxed paper.
2. Melt *half* of the chocolate in top of double boiler over slightly simmering water, on lowest possible heat setting. Stir chocolate frequently, making sure water in bottom pan does not touch top pan. Remove double boiler from heat. Stir in *remaining* chocolate until melted. Remove top pan and wipe water from bottom of pan; set aside. To keep chocolate at the right temperature while making clusters, replace the simmering water in the bottom pan with warm tap water and place the pan of melted chocolate on top of the warm water.
3. Stir fruit-nut mixture into chocolate. Spoon heaping tablespoon-size clusters of the chocolate mixture onto waxed paper-lined baking sheet about 1 inch apart. Refrigerate to cool and set, about 20 minutes. Store and serve at room temperature. **MAKES 12 CLUSTERS.**
EACH CLUSTER *109 cal, 8 g fat, 0 mg chol, 1 mg sodium, 10 g carbo, 2 g fiber, 2 g pro.*



nuts

"Nuts are packed with minerals, protein, and healthy fats. I always keep a variety, as each nut has its star quality. Almonds are one of my favorites—they're high in protein and one of the best sources of vitamin E. Almonds have also been shown to help reduce bad cholesterol."

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Oscar Mayer Deli Fresh Shaved Meats cost 25% less than the leading brand of deli counter meats.

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food 10 FOR 2010 RECIPES

BAKED BEANS WITH HAM

These tangy-sweet beans have big chunks of smoky ham for a satisfying main course. Round out the meal with Green Apple-Cabbage Slaw, right.

PREP: 10 MIN. COOK: 23 MIN.

- 2 tsp. canola oil
- 1 medium onion, diced
- 1 12-oz. slab smoked Virginia ham, cut in ¼-inch cubes
- 2 cloves garlic, minced
- 2 15-oz. cans low-sodium navy beans, drained and rinsed
- ½ 28-oz. can no-salt-added crushed tomatoes (1½ cups)
- ½ cup water
- ¼ cup unsulphured molasses*
- 1 Tbsp. Dijon mustard
- 1 Tbsp. cider vinegar
- 1 recipe Green Apple-Cabbage Slaw, *right*

Heat oil in large skillet over medium-high heat. Add onion. Cook 5 minutes or until softened and translucent. Add the ham and garlic. Cook 3 minutes more. Stir in beans, crushed tomatoes, water, molasses, mustard, vinegar, and ½ teaspoon *pepper*. Bring to boiling. Reduce to a simmer. Cover and cook 15 minutes or until about half of the liquid is absorbed. Serve with Green Apple-Cabbage Slaw. **MAKES 4 SERVINGS.**

***NOTE** Unsulphured refers to molasses that is processed without sulphur. It is typically lighter, with a purer sugar cane flavor.

EACH SERVING *168 cal, 3 g fat, 19 mg chol, 587 mg sodium, 28 g carbo, 6 g fiber, 14 g pro.*

GREEN APPLE-CABBAGE SLAW

START TO FINISH: 25 MIN.

- 5 Tbsp. red wine vinegar
- ¼ cup water
- 2 Tbsp. sugar
- 4 tsp. canola oil
- 1½ tsp. Dijon-style mustard
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper
- 1 small head red cabbage (1 lb.), leaves cut in 1-inch pieces
- 1 large green apple (about 8 oz.), halved, cored, and sliced
- 3 scallions (white and green parts), chopped (about ½ cup)

In screw-top jar combine vinegar, water, sugar, oil, mustard, salt, and pepper; shake to combine. In large bowl combine cabbage, apple, and scallions; add dressing. Toss to combine. Serve with Baked Beans with Ham. **MAKES 4 SERVINGS.**

EACH SERVING *133 cal, 5 g fat, 0 mg chol, 365 mg sodium, 22 g carbo, 4 g fiber, 2 g pro.*

canned beans

"Beans are the ultimate nutritional package. They're an excellent source of protein, fiber, minerals, and antioxidants. Canned beans are also super-quick and convenient. When buying canned, look for low-sodium varieties. Rinsing canned beans can wash off up to 40 percent of the sodium."

> "This plateful of garlicky shrimp wins hands-down in the easy, fast, and delicious category."

GARLIC-BASIL SHRIMP

Minimal prep work makes this dish great for busy weeknights. A pinch of crushed red pepper flakes adds just the right tinge of heat. If you like it spicy, serve with additional crushed red pepper.

PREP: 15 MIN. COOK: 6 MIN.

- 6 oz. dried whole wheat or plain fettuccini
- 2 Tbsp. olive oil
- 1¼ lbs. frozen large shrimp (20 to 25 per lb.), thawed, peeled, and deveined
- 3 cloves garlic, minced
- ⅛ tsp. crushed red pepper flakes
- ¾ cup dry white wine
- 1½ cups grape tomatoes, halved
- ¼ cup finely chopped fresh basil
- Salt and freshly ground black pepper

1. Cook pasta according to package directions; drain and keep warm.
2. Meanwhile, heat oil in large heavy skillet over medium-high heat until hot but not smoking. Add shrimp; cook 4 minutes, turning once, or until cooked through. With slotted spoon, transfer shrimp to bowl (reserve oil in skillet).
3. Add garlic and red pepper flakes to reserved oil in skillet. Cook until fragrant, about 30 seconds. Add the wine and cook over high heat 1 to 2 minutes, stirring occasionally. Stir in the tomatoes and basil. Season with salt and pepper. Return shrimp to pan and heat through. Serve with fettuccini. **MAKES 4 SERVINGS.**

EACH SERVING *420 cal, 10 g fat, 215 mg chol, 216 mg sodium, 37 g carbo, 3 g fiber, 35 g pro.*

shrimp

"Frozen shrimp thaw in 5 minutes and cook even quicker for a super-fast and healthy protein. They are an excellent source of protein and selenium and a good source of vitamin D, vitamin B12, iron, phosphorous, omega-3 fatty acids, zinc, and magnesium."

whole wheat pasta

"Manufacturers are making whole wheat pasta more tender and delicious than ever. Whole wheat pasta comes in many popular shapes, has a subtle nutty flavor, and provides more fiber, minerals, vitamins and antioxidants than refined white pasta."

Give your lunch a kick.
Flatbread Melts.

The delightfully toasty Chicken Bacon Club, one of four Flatbread Melts under 400 calories. They're all the taste of takeout, but right **in your grocer's freezer. www.cpkfrozen.com**

A tradition of being non-traditional.

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LEMONY LENTIL SOUP WITH GREENS

Lentils come in several colors—green, brown, red, and yellow. Any would work well in this soup.

PREP: 25 MIN. COOK: 30 MIN.

- 2 tsp. canola oil
- 1 small onion, chopped
- 1 large carrot, peeled and chopped
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 12 cups low-sodium chicken broth, plus more as needed
- 1 16 oz. pkg. green lentils
- 1 tsp. dried basil
- 1 tsp. dried thyme
- 1 tsp. salt
- 8 cups chopped kale leaves (about 6 oz.)
- 3 Tbsp. fresh lemon juice
- 1 tsp. finely grated lemon peel

Heat oil in 6-quart pot over medium-high heat. Cook onion, stirring, 3 to 5 minutes, or until softened and translucent. Add the carrot, celery, and garlic. Cook, covered, stirring occasionally for 5 minutes or until the carrots are softened. Add 12 cups of the broth, the lentils, basil, thyme, and salt. Bring to boiling. Reduce heat to low; add kale. Cook 30 to 35 minutes, or until lentils are tender, adding additional broth if necessary. Stir in lemon juice and top with grated peel before serving. **MAKES 8 SERVINGS.**

EACH SERVING *313 cal, 4 g fat, 0 mg chol, 445 mg sodium, 48 g carbo, 19 g fiber, 24 g pro.*

dried lentils

"Dried lentils don't require soaking and cook fairly quickly, so you can get all that bean-y goodness, protein, minerals, and fiber, lickety-split. Dried lentils can be stored in a cool, dry place for up to a year, making them easy to keep on hand."

AROMATIC BEEF STEW WITH BUTTERNUT SQUASH

Nutrient-packed butternut squash is a natural in this flavorful Moroccan-spiced stew. Serve with couscous to soak up the rich tomatoey sauce.

PREP: 40 MIN. COOK: 30 MIN.

- 2 tsp. olive oil
- 1 pound stew beef (round or chuck), cut in chunks
- 1 large onion, chopped
- 1 Tbsp. peeled, minced fresh ginger
- 2 cloves garlic, minced
- 1 lb. peeled cubed butternut squash, cut in 1½-inch cubes (2½ cups)
- 1 14.5-oz. can no-salt-added diced tomatoes
- 1 8-oz. can no-salt-added tomato sauce
- 1½ cups lower-sodium beef broth
- 1½ tsp. ground cumin
- 1 tsp. ground cinnamon
- ½ tsp. crushed red pepper flakes
- 3 cups cooked whole wheat couscous
- ¼ cup sliced almonds, toasted*
- 1 to 2 Tbsp. chopped fresh parsley

1. Heat oil in 4-quart saucepan over medium-high heat. Add beef. Cook until browned on all sides, about 5 minutes. Transfer meat to plate, leaving juices in saucepan. Add onion to pan. Cook 6 minutes, stirring often, or until softened and translucent. Add ginger and garlic. Cook, stirring, 1 minute more.
2. Return beef to pan. Stir in squash, diced tomatoes, tomato sauce, beef broth, cumin, cinnamon, and red pepper flakes. Bring to boiling. Reduce heat to a simmer; cover. Cook until beef is tender, 30 to 35 minutes.
3. Serve with couscous. Sprinkle with almonds and parsley. **MAKES 6 SERVINGS.**
*__NOTE__ Toast almonds in a dry skillet over medium-high heat, stirring frequently, about 2 minutes or until golden brown.

EACH SERVING *421 cal, 11 g fat, 29 mg chol, 206 mg sodium, 57 g carbo, 10 g fiber, 25 g pro.*

canned tomatoes

"Canned tomatoes are the best source of the powerful antioxidant lycopene, which has been shown to protect your heart as well as help keep your skin healthy. Tomatoes also have loads of vitamin C and fiber. Opt for no-salt-added ones to control the amount of salt in your dish. Have a variety on hand (whole, diced, petite diced, and crushed) for different uses."

MEDITERRANEAN SALMON WRAPS

Skip the mayo. Olive oil and lemon juice pull this flavorful salmon salad together. Roll up in a wrap to tote in the lunchbox, or serve over mixed greens for a light dinner.

PREP: 20 MIN.

- 2 5-oz. cans or pouches skinless, boneless salmon, well-drained
- ¼ cup chopped fresh parsley
- ¼ cup chopped pitted Kalamata olives
- ¼ cup diced red onion
- 2 Tbsp. extra virgin olive oil
- ½ tsp. finely shredded lemon peel
- 2 Tbsp. fresh lemon juice
- Salt and freshly ground black pepper
- 12 leaves romaine lettuce, thick ribs removed
- 4 large whole wheat tortillas or whole wheat wrap breads (about 9 inches in diameter)
- ½ cup bottled roasted red sweet peppers, sliced
- 1 large ripe tomato, halved and sliced

1. In medium bowl combine salmon, parsley, olives, onion, oil, lemon juice, and lemon peel. Season with salt and pepper. **2.** To make each sandwich, place 3 lettuce leaves on a tortilla. Top each with a quarter of the salmon salad, top with a few red pepper slices and tomato slices. Fold the tortilla about an inch over each end of the filling, then roll up. **MAKES 4 WRAPS.**

EACH WRAP *259 cal, 13 g fat, 25 mg chol, 870 mg sodium, 22 g carbo, 11 g fiber, 22 g pro.*

canned salmon

"Canned or pouched, you get all the benefits for a fraction of the price. Salmon is a top source of omega-3 fat and vitamin D, two nutrients most people fall short of. Canned salmon is mainly from wild salmon, which is also low in contaminants such as mercury."

roasted red peppers

"Roasted red peppers are packed with vitamins A and C, and they lend a smoky Mediterranean note. Buy them packed in water, not oil, and rinse them to eliminate acidity from the brine before you use them."

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Consult your physician before starting any diet or exercise program. Average weight loss when replacing meals with two cereal meals is 4.8 pounds. Weight loss may vary. Dramatization.
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> Here's a hearty salad that will fill you up without slowing you down.

WHEAT BERRY SALAD

Wheat berries add a chewy texture and substance to this salad. They need a full hour of cooking and can be made ahead of time. Find them among specialty grains in the supermarket or natural food stores.

PREP: 25 MIN. COOK: 1 HR.

- 2 cups water
- 1 cup wheat berries
- ½ cup walnuts, chopped
- 2 stalks celery, thinly sliced
- ⅓ cup finely chopped parsley
- ⅓ cup dried tart cherries, chopped
- 1 small scallion (white and green parts), chopped
- 2 Tbsp. olive oil
- 4 tsp. fresh lemon juice
- Salt and freshly ground black pepper
- 4 cups lightly packed baby spinach leaves
- 1 recipe Lemon-Cumin Grilled Chicken Breast, *right*
- Lemon wedges for serving

1. In medium-size pot, combine the water and wheat berries. Bring to boiling; reduce heat to a simmer. Cook, uncovered, until tender, about 1 hour. Drain and let cool.
2. Meanwhile, toast the walnuts in a medium-size dry skillet over medium-high heat, stirring occasionally, until fragrant, 2 to 3 minutes.
3. In a large bowl combine the wheat berries, toasted walnuts, celery, parsley, dried cherries, scallion, olive oil, and lemon juice. Season with salt and pepper. This salad will keep up to 5 days in an airtight container in the refrigerator.
4. To serve, place 1 cup of spinach leaves on each plate. Mound ¾ cup of the wheat berry salad on top of each serving and top with slices of the Lemon-Cumin Grilled Chicken Breast. Pass lemon wedges.

MAKES 4 SERVINGS.

EACH (¾-CUP) SERVING SALAD *367 cal, 17 g fat, 0 mg chol, 44 mg sodium, 51 g carbo, 9 g fiber, 9 g pro.*

LEMON-CUMIN GRILLED CHICKEN BREAST

Top the Wheat Berry Salad, left, with this seasoned grilled chicken breast. Or serve the chicken with whole wheat pasta or in tacos.

- 4 skinless boneless chicken breast halves (about 1¼ lb.)
- 1 tsp. ground cumin
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper
- 2 tsp. olive oil
- Nonstick cooking spray
- 2 Tbsp. lemon juice

1. Put the chicken between 2 pieces of plastic wrap and pound it slightly with a mallet or rolling pin so it is an even thickness of about ½ inch.
2. In a small bowl combine cumin, salt, and pepper. Rub chicken breasts on both sides with olive oil, then rub the spice mixture on both sides.
3. Spray a grill or nonstick grill pan with cooking spray and heat over medium-high heat. Cook chicken until grill marks form and chicken is no longer pink, about 3 to 4 minutes per side. Remove from heat, let rest 5 minutes. Drizzle with lemon juice.
4. The chicken will keep for up to 3 days in an airtight container in the refrigerator.

MAKES 4 SERVINGS.

EACH CHICKEN BREAST *178 cal, 4 g fat, 82 mg chol, 383 mg sodium, 1 g carbo, 0 g fiber, 33 g pro.*

wheat berries

"Wheat berries are whole unprocessed wheat kernels. Not only a fiber-packed whole grain, they are also high in protein and iron. High-fiber foods help you feel full for longer and slow the body's absorption of sugars, which can help stabilize blood sugar levels. Wheat berries are also great for pilafs and stir-fries."

CORRECTION: The recipe for Holiday Fruit Pie on *page 178* of the November issue contained incorrect nutritional information. Here are the correct values: EACH SERVING 510 cal, 18 g fat, 49 mg chol, 305 mg sodium, 84 g carbo, 4 g fiber, 6 g pro.

VICTORY STARTS WITH A PLAN

Meal 1: Special K® Cereal

Snack 1: Special K® Cereal Bar

Meal 2: Special K™ Protein Shake

Snack 2: Special K™ Crackers

Meal 3: Lemon Pepper Salmon

DESIGN YOUR VICTORY PLAN AT SpecialK.com

Special K

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TRI-COLOR VEGETABLE SAUTÉ

Super-fresh and easy, this vegetarian dish gets a boost of protein from edamame—young soybeans. Serve as a main dish for four, or as six side dishes.

START TO FINISH: 45 MIN.

- 1 Tbsp. olive oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 cup frozen sweet soybeans (edamame), shelled
- 2 cups corn kernels, frozen or fresh
- 1 pint grape tomatoes, halved
- 3 Tbsp. finely chopped sun-dried tomatoes
- ⅓ cup lightly packed fresh basil leaves, cut in ribbons
- 1 Tbsp. fresh lime juice

Heat oil in large skillet over medium-high heat. Add onion and cook until softened, about 3 minutes. Add the garlic and cook 30 seconds more. Add the edamame. Cook, stirring occasionally, until warmed through, about 3 minutes. Add the corn and cook until warmed through, another 3 minutes. Stir in grape tomatoes and sun-dried tomatoes and cook for 5 minutes more, until tomatoes are softened but still retain their shape. Stir in basil and lime juice. Season with *salt* and *pepper.* **MAKES 4 SERVINGS.**

EACH SERVING *176 cal, 6 g fat, 0 mg chol, 209 mg sodium, 29 g carbo, 5 g fiber, 7 g pro.*

frozen edamame

"Buttery and substantial, edamame are packed with healthy soy protein, fiber, and antioxidants. Plus, frozen veggies are frozen at their peak of freshness, locking in nutrients so they are comparable in nutrition to fresh."

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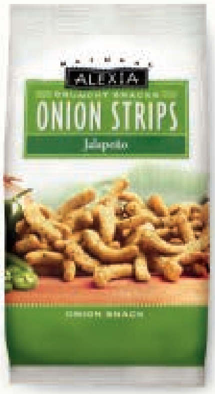
"The good news is that you don't have to start every meal from scratch—there are more healthy options for the pantry than ever before."

WE'D CALL THEM GOURMET,
IF GOURMET DIDN'T ALSO APPLY TO SNAILS AND FISH EGGS.



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Win Money

Enter your recipe to win money and prizes in our Prize Tested Recipes® Contest (*see page 115*).

Your original recipe could be worth up to $400. Winning recipes will be entered to win the 2010 annual Grand Prize—a selection of appliances from Frigidaire worth up to $10,000. Winner will choose from Frigidaire's new Professional line, including the electric range, *right*. Enter your original recipes (never before published) in Prize Tested Recipes® contest, which features two new categories each month. Each month we publish four winning recipes (top two recipes in each category).

MONTHLY PRIZES

Two $400, two $200, ten $50 honor roll winners.

AUGUST 2010 CATEGORIES

BREAKFASTS ON THE RUN Let us know what nourishing item you fix that can be eaten on the way to school or work. It could be a breakfast sandwich with eggs or peanut butter as the foundation, a breakfast milkshake or smoothie, a veggie-packed blender drink, hearty granola bars, or a tortilla-wrapped breakfast burrito. Send us your best, no-table-required breakfast recipe.

GREAT GROUND BEEF DINNERS How about developing a recipe featuring ground beef? Need some ideas? It can be your spin on meat loaf with a special topper, a skillet dish with vegetables and a cheesy sauce, or hamburger steaks stuffed with fresh herbs, vegetables, or cheese. Do you have an updated version of Sloppy Joes made with fresh ingredients? Or try a layered casserole or any other recipe idea starring ground beef.

THIS MONTH'S WINNERS (*PAGES 115–116*)

$400 WINNERS Maralin Springer, Jamaica, NY; Dawn Wilber, Toms River, NJ
$200 WINNERS Jo Ann Irvine, North Ogden, UT; Theresa Sanders, Hermitage, MO
$50 HONOR ROLL WINNERS Aron Bradley, Independence, OR; Sandy Carlson, Palmyra, VA; Anne Dente, Washington, DC; Greg Fontenot, The Woodlands, TX; Taleen Ghazarian, Waltham, MA; Kendrick McNamee-Taylor, Denver, CO; Rita Moghadam, West Chester, OH; Olivia Percle, Lynn Haven, FL; Patty Spellman, Yuma, CO; Emily Boyd Womac, Maryville, TN

CONTEST DETAILS

Subject to Official Rules at BHG.com/recipe/memberRecipes. No purchase necessary. Open to legal U.S. residents, 14 years or older. Void where prohibited. Sponsor: Meredith Corp., Des Moines, Iowa.

ENTRY January contest begins 12/15/09. By mail, send entries to: 0810 Food Dept., Better Homes and Gardens® magazine, Des Moines, IA 50309-3023. Online, submit entry in an e-mail to PTR@meredith.com. E-mail entries must be received by 11:59 p.m., CT, 12/21/09. Mail entries must be postmarked by 12/21/09 and received by 12/31/09.

ENTRY INFORMATION For each Category entered, create your original recipe. Multiple entries are allowed, but each recipe must be submitted as a separate entry and each entry must meet the following requirements:

- A recipe may be submitted in either of the two monthly Categories. Write or type on each entry the Category you wish to enter. Each recipe may only be submitted for judging in one Category. Multiple entries may be submitted in the same envelope.
- Recipe entries must be original, and cannot have been previously published, won another competition or contest, or been used for advertising or promotional purposes.
- Entry must: (1) include recipe name and number of servings the recipe yields, (2) use ingredients that are available in most grocery stores, (3) list ingredients with measurements in order of use, (4) include step-by-step preparation and cooking directions, and (5) include entrant name, age, complete address with ZIP Code, and telephone number with area code; an e-mail address is optional.

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PRIZE TESTED RECIPES® $400 WINNER
Dawn Wilber, TOMS RIVER, NJ
BREAD PUDDING DESSERTS CATEGORY, JANUARY 2010

CAMPFIRE S'MORES BREAD PUDDING

- 4 hot dog buns, cut in 1-inch pieces
- 4 eggs
- 1 14-oz. can sweetened condensed milk
- ¾ cup milk
- 1 tsp. vanilla
- ¼ tsp. ground nutmeg
- 1 cup tiny marshmallows
- ¾ cup semisweet chocolate pieces
- 5 graham cracker squares, coarsely crushed (about ½ cup)
- 2 Tbsp. milk

1. Preheat oven to 325°F. Grease a 2-quart square baking dish; set aside. Place bun pieces on shallow baking sheet. Bake 7 to 8 minutes or until dry and crisp; cool.
2. In medium bowl lightly beat eggs. Stir in sweetened condensed milk, ¾ cup milk, vanilla, and nutmeg; set aside.
3. Place bun pieces in prepared baking dish. Sprinkle with ½ cup *each* of the marshmallows and chocolate pieces. Evenly pour milk mixture over all. Let stand 5 minutes. Sprinkle with crushed graham crackers. Bake, uncovered, for 35 minutes. Sprinkle with ¼ *cup* of the remaining marshmallows. Bake about 5 minutes more or until a knife inserted near center comes out clean.
4. For drizzle, in small saucepan heat and whisk *remaining* marshmallows, *remaining* chocolate pieces, and 2 tablespoons milk over low heat until melted and smooth. Drizzle over bread pudding. Cool 20 to 30 minutes before serving. Serve warm. **MAKES 9 SERVINGS.**

CLIP AND SAVE RECIPES IN YOUR **BETTER HOMES AND GARDENS®** NEW COOK BOOK

PRIZE TESTED RECIPES® $400 WINNER
Maralin Springer, JAMAICA, NY
CHILI CATEGORY, JANUARY 2010

COCONUT CHICKEN CHILI

- 12 oz. skinless, boneless chicken breast halves, chopped
- 1 large onion, chopped
- 1½ tsp. chili powder
- 1½ tsp. ground ginger
- ¼ tsp. cayenne pepper
- 1 Tbsp. olive oil
- 1 Tbsp. all-purpose flour
- 1 14-oz. can unsweetened coconut milk
- 1 Tbsp. peanut butter
- 1 15- to 19-oz. can cannellini beans, rinsed and drained
- 3 medium carrots, shredded
- 1 stalk celery, sliced
- 1 medium green onion, sliced
- 5 cloves garlic, minced
- 2 Tbsp. chopped fresh basil
- Hot cooked jasmine rice
- Fresh basil and sliced jalapeños (optional)

1. In large saucepan cook chicken, onion, chili powder, ginger, ½ teaspoon *salt,* ½ teaspoon *black pepper,* and the cayenne pepper in hot oil over medium heat for 6 to 8 minutes or until chicken is no longer pink. Stir in flour and cook 1 minute more. Stir in coconut milk, peanut butter, and 1 cup *water*. Bring to boiling, stirring occasionally.
2. Stir in beans, carrots, celery, green onion, garlic, and chopped basil. Return to boiling; reduce heat. Simmer, covered, 10 minutes. Serve with rice. Top with basil leaves and sliced jalapeños. **MAKES 4 (1¾-CUP) SERVINGS.**

For more of our best chili recipes, visit BHG.com/chili

PRIZE TESTED RECIPES® CONTEST DETAILS *SEE PAGE 113*

PRIZE TESTED RECIPES® $200 WINNER
Jo Ann Irvine, NORTH OGDEN, UT
CHILI CATEGORY, JANUARY 2010

BIG-BATCH VEGETARIAN LENTIL CHILI

- 4 14.5-oz. cans diced tomatoes
- 2 15-oz. cans red kidney beans, rinsed and drained
- 1 12-oz. pkg. frozen chopped green peppers
- 1 12-oz. pkg. frozen chopped onions
- 2 cups dry red lentils, rinsed and drained
- ¼ cup chili powder
- 2 Tbsp. garlic powder
- 1 8-oz. can tomato sauce
- 1 6-oz. can tomato paste
- 2 cups shredded cheddar cheese (4 oz.)
- Tortilla chips (optional)

1. In 8-quart Dutch oven combine *undrained* tomatoes, rinsed and drained beans, 3 cups *water,* green peppers, onions, dry lentils, chili powder, and garlic powder. Bring to boiling; reduce heat. Simmer, covered, 30 minutes, stirring occasionally.

2. Stir in tomato sauce, tomato paste, and ⅛ teaspoon *black pepper;* heat through. Serve with shredded cheese and tortilla chips. Store leftovers, covered, in the refrigerator for up to 3 days. Or divide among 1-quart freezer containers and freeze for up to 3 months. MAKES 6 (ABOUT 1½-CUP) SERVINGS + LEFTOVERS.

Grand Prize The best recipe of the year will be awarded a suite of appliances, worth up to $10,000, from Frigidaire. See *page 113* for details.

photos BLAINE MOATS food styling GREG LUNA

PRIZE TESTED RECIPES® $200 WINNER
Theresa Sanders, HERMITAGE, MO
BREAD PUDDING DESSERTS CATEGORY, JANUARY 2010

TIRAMISU BREAD PUDDINGS

- 1⅓ cups milk
- 1¼ cups whipping cream
- 2 Tbsp. instant coffee crystals
- 6 eggs, lightly beaten
- ⅔ cup granulated sugar
- ⅓ cup packed brown sugar
- 2 tsp. vanilla
- 8 cups torn white bread slices (about 12 slices)
- ⅓ cup powdered sugar
- 1 recipe Cream Cheese Topper, right

1. Preheat oven to 375°F. In large bowl stir together milk, whipping cream, and coffee crystals until coffee is dissolved. Reserve *1 tablespoon* milk mixture; set aside.

2. Stir eggs, the sugars, and vanilla into milk mixture. Stir in bread pieces until moistened. Evenly divide among eight ungreased 6-ounce ramekins or custard cups, filling each almost full. Place on a 15×10×1-inch baking pan.

3. Bake 30 minutes or until puffed, set, and a knife inserted near center comes out clean. Transfer to wire rack (puddings will fall slightly as they cool).

4. In small bowl combine powdered sugar and reserved *1 tablespoon* milk mixture; stir until smooth. Drizzle over bread pudding. Dollop with Cream Cheese Topper. MAKES 8 SERVINGS.

CREAM CHEESE TOPPER In medium mixing bowl beat ¾ cup *whipping cream;* 1 ounce *cream cheese,* softened; and 1 tablespoon *powdered sugar* on medium until soft peaks form. Makes about 1½ cups.

Old Lunch Plan:
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New Lunch Plan:
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New DiGiorno Flatbread Melts.
Warm toasty flatbread folded over deliciously Italian-inspired ingredients.
For restaurant taste without the hassle, change your lunch plans.
It's not takeout, it's DiGiorno.
DIGIORNO
FLATBREAD MELTS
NEW!
STEAK AND FIRE ROASTED VEGETABLES

SIMPONI™ (golimumab) is the first monthly self-injectable anti-TNF therapy for moderate to severe rheumatoid arthritis (RA).

JUST ONE DOSE, ONCE A MONTH.

Just one dose of SIMPONI™ monthly, taken with the medicine methotrexate, works to relieve the pain, stiffness, and swelling of RA. Results may not be the same for everyone. Methotrexate is taken weekly. Once you and your doctor are comfortable with the self-injection process, you will inject SIMPONI™ just once a month under the skin.

Ask your rheumatologist if SIMPONI™ is right for you.

Please read the Important Safety Information on the adjacent page.

SIMPONI™ offers cost support for eligible patients at www.4simponi.com or call 888-4 SIMPONI.

SIMPONI,™ taken with the medicine methotrexate, is approved to treat adults with moderate to severe rheumatoid arthritis (RA).

IMPORTANT SAFETY INFORMATION

SIMPONI™ is a prescription medicine. SIMPONI™ can lower your ability to fight infections. There are reports of serious infections caused by bacteria, fungi, or viruses that have spread throughout the body, including tuberculosis (TB) and histoplasmosis. Some of these infections have been fatal. Your doctor will test you for TB before starting SIMPONI™ and will monitor you for signs of TB during treatment. Tell your doctor if you have been in close contact with people with TB. Tell your doctor if you have been in a region (such as the Ohio and Mississippi River Valleys and the Southwest) where certain fungal infections like histoplasmosis or coccidioidomycosis are common.

You should not start SIMPONI™ if you have any kind of infection. Tell your doctor if you are prone to or have a history of infections or have diabetes, HIV or a weak immune system. You should also tell your doctor if you are currently being treated for an infection or if you have or develop any signs of an infection such as:

- fever, sweat, or chills
- muscle aches
- cough
- shortness of breath
- blood in phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more than normal
- feel very tired

Tell your doctor about all the medications you take including ORENCIA (abatacept), KINERET (anakinra) and RITUXAN (rituximab) or another TNF blocker, or if you are scheduled to or recently received a vaccine. People taking SIMPONI™ should not receive live vaccines.

Reactivation of hepatitis B virus has been reported in patients who are carriers of this virus and are taking TNF-blocker medicines, such as SIMPONI.™ Some of these cases have been fatal. Your doctor may do blood tests before and after you start treatment with SIMPONI.™ Tell your doctor if you know or think you may be a carrier of hepatitis B virus or if you experience signs of hepatitis B infection, such as:

- feel very tired
- skin or eyes look yellow
- little or no appetite
- vomiting
- muscle aches
- dark urine
- clay-colored bowel movements
- fevers
- chills
- stomach discomfort
- skin rash

If you take SIMPONI™ or other TNF blockers, your risk for developing lymphoma or other cancers may increase. You should tell your doctor if you have had or develop lymphoma or other cancers. Heart failure can occur or get worse in people who use TNF blockers like SIMPONI.™

Your doctor will closely monitor you if you have heart failure. Tell your doctor right away if you get new or worsening symptoms of heart failure like shortness of breath or swelling of your lower legs or feet.

Rarely, people using TNF blockers can have nervous system problems such as multiple sclerosis. Tell your doctor right away if you have symptoms like vision changes, weakness in your arms or legs, or numbness or tingling in any part of your body.

Liver problems can happen in people using TNF blockers. Contact your doctor immediately if you develop symptoms such as feeling very tired, skin or eyes look yellow, poor appetite or vomiting, or pain on the right side of your stomach.

Low blood counts have been seen with people using TNF blockers. If this occurs, your body may not make enough blood cells to help fight infections or help stop bleeding. Your doctor will check your blood counts before and during treatment. Tell your doctor if you have signs such as fever, bruising, bleeding easily, or paleness.

Rarely, people using TNF blockers have developed lupus-like symptoms. Tell your doctor if you have any symptoms such as a rash on your cheeks or other parts of the body, sensitivity to the sun, new joint or muscle pain, becoming very tired, chest pain or shortness of breath, swelling of the feet, ankles, and/or legs.

New or worse psoriasis symptoms may occur. Symptoms include: red scaly patches or raised bumps that are filled with pus on the skin. These symptoms may go away or get better after stopping SIMPONI.™

Tell your doctor if you are allergic to rubber or latex. The needle cover contains dry natural rubber.

Tell your doctor if you have any symptoms of an allergic reaction while taking SIMPONI™ such as hives, swollen face, breathing trouble, chest pain.

Common side effects of SIMPONI™ include: upper respiratory tract infection, nausea, abnormal liver tests, redness at site of injection, high blood pressure, bronchitis, dizziness, sinus infection, flu, runny nose, fever, cold sores, numbness or tingling.

Please read the Medication Guide for SIMPONI™ on the following pages, and discuss any questions you have with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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monthly Simponi™ golimumab

Just one dose, once a month.

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Medication Guide
Rx Only

MEDICATION GUIDE
SIMPONI™ (SIM-po-nee)
(golimumab)

Read the Medication Guide that comes with SIMPONI before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using SIMPONI.

What is the most important information I should know about SIMPONI?
SIMPONI is a medicine that affects your immune system. SIMPONI can lower the ability of your immune system to fight infections. Some people have serious infections while taking SIMPONI, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that spread throughout their body. Some people have died from these serious infections.
- Your doctor should test you for TB before starting SIMPONI.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with SIMPONI.

You should not start taking SIMPONI if you have any kind of infection unless your doctor says it is okay.

Before starting SIMPONI, tell your doctor if you:
- think you have an infection or have symptoms of an infection such as:
  - fever, sweat, or chills
  - muscle aches
  - cough
  - shortness of breath
  - blood in phlegm
  - weight loss
  - warm, red, or painful skin or sores on your body
  - diarrhea or stomach pain
  - burning when you urinate or urinate more often than normal
  - feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- live, have lived, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use SIMPONI. Ask your doctor, if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B
- use the medicine Orencia (abatacept), Kineret (anakinra), or Rituxan (rituximab)

After starting SIMPONI, call your doctor right away if you have any symptoms of an infection. SIMPONI can make you more likely to get infections or make worse any infection that you have.

What is SIMPONI?
SIMPONI is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker. SIMPONI is used in adults:
- with the medicine methotrexate to treat moderately to severely active rheumatoid arthritis (RA)
- to treat active psoriatic arthritis (PsA) alone or with methotrexate
- to treat active ankylosing spondylitis (AS)

You may continue to use other medicines that help treat your condition while taking SIMPONI, such as non- steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

What should I tell my doctor before starting treatment with SIMPONI?
SIMPONI may not be right for you. Before starting SIMPONI, tell your doctor about all your medical conditions, including if you:
- have an infection (see **"What is the most important information I should know about SIMPONI?").**
- have or have had lymphoma or any other type of cancer.
- have or had heart failure.
- have or have had a condition that affects your nervous system, such as multiple sclerosis.
- have recently received or are scheduled to receive a vaccine. People taking SIMPONI should not receive live vaccines. People taking SIMPONI can receive non-live vaccines.
- are allergic to rubber or latex. The needle cover on the prefilled syringe and SmartJect autoinjector contains dry natural rubber.
- are pregnant or planning to become pregnant. It is not known if SIMPONI will harm your unborn baby.
- are breastfeeding. You and your doctor should decide if you will take SIMPONI or breastfeed. You should not do both without talking to your doctor first.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially, tell your doctor if you use:
- ORENCIA (abatacept), KINERET (anakinra), or RITUXAN (rituximab). You should not take SIMPONI while you are also taking ORENCIA or KINERET. Your doctor may not want to give you SIMPONI if you have received RITUXAN recently.
- Another TNF-blocker medicine. You should not take SIMPONI while you are also taking REMICADE (infliximab), HUMIRA (adalimumab), ENBREL (etanercept), or CIMZIA (certolizumab pegol).

Ask your doctor if you are not sure if your medicine is one listed above.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine.

How should I use SIMPONI?
- SIMPONI is given as an injection under the skin (subcutaneous injection or SC).
- SIMPONI should be injected one time each month.
- If your doctor decides that you or a caregiver may be able to give your injections of SIMPONI at home, you should receive training on the right way to prepare and inject SIMPONI. Do not try to inject SIMPONI yourself until you have been shown the right way to give the injections by your doctor or nurse.
- Use SIMPONI exactly as prescribed by your doctor.
- SIMPONI comes in a prefilled syringe or SmartJect™ autoinjector. Your doctor will prescribe the type that is best for you.
- See the detailed **Patient Instructions for Use** at the end of this Medication Guide for instructions about the right way to prepare and give your SIMPONI injections at home.
- Do not miss any doses of SIMPONI. If you forget to use SIMPONI, inject your dose as soon as you remember. Then, take your next dose at your regular scheduled time. In case you are not sure when to inject SIMPONI, call your doctor or pharmacist.

What are the possible side effects with SIMPONI?
SIMPONI can cause serious side effects including:

Serious Infections
(See **"What is the most important information I should know about SIMPONI?").**

Hepatitis B infection in people who carry the virus in their blood.
- If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use SIMPONI. Your doctor may do blood tests before you start treatment with

SIMPONI and while you are using SIMPONI. Tell your doctor if you have any of the following symptoms of a possible hepatitis B infection:

- feel very tired
- skin or eyes look yellow
- little or no appetite
- vomiting
- muscle aches
- dark urine
- clay-colored bowel movements
- fevers
- chills
- stomach discomfort
- skin rash

Cancer

- People with inflammatory diseases including rheumatoid arthritis, psoriatic arthritis, or ankylosing spondylitis, especially those with very active disease, may be more likely to get lymphoma.
- If you use SIMPONI or other TNF blockers, your risk of getting lymphoma or other cancers may increase.

Heart failure, including new heart failure or worsening of heart failure that you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like SIMPONI.

- If you have heart failure, your condition should be watched closely while you take SIMPONI.
- Call your doctor right away if you get new or worsening symptoms of heart failure while taking SIMPONI (such as shortness of breath or swelling of your lower legs or feet).

Nervous System Problems

Rarely, people using TNF-blocker medicine have nervous system problems such as multiple sclerosis.

- Tell your doctor right away if you get any of these symptoms:
  - vision changes
  - weakness in your arms or legs
  - numbness or tingling in any part of your body

Liver Problems

Liver problems can happen in people who use TNF-blocker medicines, including SIMPONI. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms:

- feel very tired
- skin or eyes look yellow
- poor appetite or vomiting
- pain on the right side of your stomach (abdomen)

Blood Problems

Low blood counts have been seen with other TNF blockers. Your body may not make enough blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding easily, or looking pale. Your doctor will check your blood counts before and during treatment with SIMPONI.

Common side effects with SIMPONI include:

- upper respiratory tract infection
- nausea
- abnormal liver tests
- redness at the site of injection
- high blood pressure
- bronchitis
- dizziness
- sinus infection (sinusitis)
- flu
- runny nose
- fever
- cold sores
- numbness or tingling

Other side effects with SIMPONI include:

- **Immune System Problems.** Rarely, people using TNF-blocker medicines have developed symptoms that are like the symptoms of Lupus. Tell your doctor if you have any of these symptoms:
  - a rash on your cheeks or other parts of the body
  - sensitivity to the sun
  - new joint or muscle pains
  - becoming very tired
  - chest pain or shortness of breath
  - swelling of the feet, ankles, and/or legs
- **Psoriasis.** Some people using TNF-blocker medicines including SIMPONI had new psoriasis or worsening of psoriasis that they already had. Symptoms of psoriasis include: red scaly patches or raised bumps that are filled with pus on the skin. Psoriasis may go away or get better after stopping SIMPONI in some people.
- **Allergic Reactions.** Allergic reactions can happen in people who use TNF-blocker medicines. Call your doctor right away if you have any of these symptoms of an allergic reaction:
  - hives
  - swollen face
  - breathing trouble
  - chest pain

These are not all of the side effects with SIMPONI. Tell your doctor about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

How do I store SIMPONI?

- Refrigerate SIMPONI at 36ºF to 46ºF (2ºC to 8ºC).
- Do not freeze SIMPONI.
- Keep SIMPONI in the carton to protect it from light when not being used.
- Do not shake SIMPONI.

Keep SIMPONI and all medicines out of the reach of children.

General Information about SIMPONI

Medicines are sometimes prescribed for purposes other than those listed in the Medication Guide. Do not use SIMPONI for a condition for which it was not prescribed.

- Do not give SIMPONI to other people, even if they have the same condition that you have. It may harm them.
- This Medication Guide summarizes the most important information about SIMPONI. If you would like more information, talk to your doctor. You can ask your doctor or pharmacist for information about SIMPONI that is written for health professionals.
  For more information go to www.simponi.com or call 1-800-457-6399.

What are the ingredients in SIMPONI?

Active ingredient: golimumab.
Inactive ingredients: L-histidine, L-histidine monohydrochloride monohydrate, sorbitol, polysorbate 80, and water for injection. SIMPONI does not contain preservatives.

Manufactured by:
Centocor Ortho Biotech Inc.
Horsham, PA 19044
US License No. 1821

Revised: April 2009
25GL09061

This Medication Guide has been approved by the U.S. Food and Drug Administration.

Simponi™
golimumab

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8oz. = 1/2 cup of vegetables + 1/2 cup of fruit.

numbers to know

You keep an eye on your cholesterol, blood pressure, and weight. But these aren't the only numbers women should be watching. The following are also vital indicators of wellness. by AVERY HURT

100

fasting blood sugar

Many people with diabetes or prediabetes don't know they have it. The best way to screen for the disease is with a fasting blood sugar test, which requires not eating for at least eight hours, then a trip to the doctor's office and a simple blood draw.

The Number: 100 The ideal range is less than 100 milligrams per deciliter of blood. Between 100 and 125 indicates prediabetes.

Take Action: If you're above 100, your doctor will discuss your options, which may include lifestyle changes and medication.

.8

waist-to-hip ratio

Belly fat is a more telling predictor of your health than the number you see on the bathroom scale, says Dr. Marie Savard, a Philadelphia internist and author of *Ask Dr. Marie*.

The Number: 0.8 Measure your waist where a belt would go. Then measure your hips at their widest point. Now do the math: Divide waist number by hips number. The result should be 0.8 or lower.

Take Action: If it's not, start exercising. A Duke University study found that participants who briskly walked for 30 minutes at least six days a week lost the most fat.

PHOTO: GETTY IMAGES

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Introducing 5 New Mediterranean-Style Soups.

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better HEALTH

ABOVE -1 bone density

Thinning bones may lead to fracture, so it's important to check bone density, especially if you are older than 50 or post-menopausal. The test involves a special kind of X-ray that provides a "T-score." Your T-score compares your current bone density to that of a healthy 30-year-old who presumably has peak bone mass.

The Number: Above -1 A healthy T-score is above -1. If you aren't where you should be, your doctor will let you know.

Take Action: Increasing calcium intake is essential if your T-score is low. Exercise can also increase bone mass.

circulating D 35

Recent research has found that a deficiency of vitamin D, the so-called sunshine vitamin, may increase risk of osteoporosis, breast cancer, hypertension, and multiple sclerosis.

The Number: 35 You want to have circulating levels of vitamin D higher than 35 ng/mL (nanograms per milliliter), measured by a blood test.

Take Action: Fifteen minutes of sun exposure on bare arms, face, or neck two to three times a week boosts D levels without causing sunburn, according to Dr. Shelley Wroth, a physician at the Duke University Center for Integrative Medicine.

thyroid 0.4–4.0

Thyroid problems become more common as we age, and symptoms can mimic those of other conditions. A thyroid-stimulating hormone test—a simple blood test—diagnoses thyroid problems.

The Number: 0.4–4.0 mIU/L (milli-international units per liter) Some labs may report this differently, so have your doctor explain the results.

Take Action: There isn't much you can do on your own. If your numbers indicate a problem, your doctor will go over medication options with you.

depression 5

When women are depressed, they may not exhibit signs of hopelessness or sadness. Instead, they may experience low energy, difficulty concentrating, and odd aches and pains, says Dr. Kristin Leight, a psychiatrist at Columbia University. There is no blood test to check for depression, but there is an easy screening scale.

The Number: 5

If you experience five or more of the following symptoms for two weeks in a row or more, you may suffer from depression:

- Sadness
- Irritability
- Hopelessness
- Changes in sleep patterns
- Low energy or fatigue
- Feelings of guilt or worthlessness
- Significant weight change (loss or gain) if you aren't dieting
- Difficulty concentrating
- Loss of interest in normally enjoyable activities

Take Action: If you recognize yourself too often in this list, talk to your family doctor. If you have a few symptoms, but not five, do something to offset depressive inclinations. "Rather than isolate yourself, make social plans. Instead of lying in front of the television, get outside for half an hour," says Leight. "I also prescribe one pleasurable activity per day." You pick what that is.

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doctors on call

Meet our new health advisory panel.

The beginning of 2010 marks an important evolution in the health coverage in *Better Homes and Gardens*®—we've assembled a panel of doctors who are among the best in their fields to help guide and inform our content. Have a question related to one of their specialties? E-mail it to *BHGfeatures@meredith.com*. We'll feature one in each upcoming issue.

Lynne T. Shuster, M.D.
women's health

ABOUT DR. SHUSTER As director of the Office of Women's Health at Mayo Clinic in Rochester, Minnesota, Dr. Shuster is at the leading edge of women-specific medicine. **ADVICE FOR A HEALTHY 2010** Women are remarkably attuned to their bodies. They know when something isn't right. Yet symptoms can go unresolved because not all doctors understand the intricacies of women's health. If you're not getting answers to your concerns, ask what other options are available, or whether a referral to a specialist would help.

Megan T. Sandel, M.D.
teen issues/ healthy homes

ABOUT DR. SANDEL A nationally recognized expert on both healthy housing and teen health, Dr. Sandel has been a practicing pediatrician at Boston Medical Center and Children's Hospital, Boston, for over 10 years. **ADVICE FOR A HEALTHY 2010** About 230,00 teens are injured at their jobs each year, 70,000 ending up in an ER. If your teens have a job, make sure they know they have your full support in saying no to a dangerous situation, even if it means quitting on the spot.

Melina B. Jampolis, M.D.
nutrition

ABOUT DR. JAMPOLIS One of only about 200 physician nutrition specialists in the country, Dr. Jampolis is helping lead the way in promoting health through diet. She lectures across the country while maintaining a private practice in Los Angeles. **ADVICE FOR A HEALTHY 2010** Lose the all-or-nothing appproach to eating well. You don't have to do everything right. Making small changes and smart choices whenever possible really does add up.

Cedric X. Bryant, Ph.D.
fitness

ABOUT DR. BRYANT His master's in exercise science, doctorate in physiology, and passion for fitness earned Dr. Bryant the position of chief science officer for the American Council on Exercise in San Diego. **ADVICE FOR A HEALTHY 2010** If you're not in a joyful state when you're exercising, you haven't found the right activity for you. Fortunately, there are more options than ever.

Heidi A. Waldorf, M.D.
dermatology

ABOUT DR. WALDORF An associate clinical professor of dermatology at The Mount Sinai School of Medicine in New York, Dr. Waldorf is also director of Laser and Cosmetic Dermatology at The Mount Sinai Medical Center and has a private practice in Nanuet, New York. **ADVICE FOR A HEALTHY 2010** Your skin clearly shows signs of what's happening with the rest of you, physically and mentally. The three biggies for healthy skin: no tanning, indoors or out; no smoking, which rapidly ages skin; and no picking at blemishes, which can lead to scarring and discoloration. See a dermatologist if anything about your skin changes. It may indicate an underlying medical problem.

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www.delsym.com Use as directed.

†Comparison based on dosing instructions. *Among OTC products, per dose.

health news

THE INFORMATION YOU NEED TO STAY WELL

{ get sporty }

SNOW BUSINESS

Step into a pair of snowshoes for a workout that's just as much fun as it is fitness. Snowshoeing is a family-friendly activity that is, well, snowballing; it's the fastest-growing winter sport in America, increasing by about 22 percent a year. The learning curve is fast, and the equipment isn't too pricey, says Michael Bucek of the U.S. Snowshoe Association, who likes to have a hot chocolate waiting for him at the end of the line. Besides the calorie burn, it gives a rush of feel-good endorphins, says Jake Thamm, president of Crescent Moon Snowshoes. A 150-pound woman can burn about 300 calories in 30 minutes of snowshoeing. Set your own level of intensity, from a leisurely shuffle in a neighborhood park to a heart-pumping pace through the backcountry.

GOING FOR GOLD Crescent Moon's Women's Gold 13, *left*, was the first snowshoe designed for a woman's stride. It's a great choice for beginners, too. $239, *crescentmoonsnowshoes.com*

{ by the numbers }

32°F

the temperature at which tongues freeze to flagpoles

In case one of the neighborhood kids falls for this classic triple-dog-dare-you trick this winter, here's how to dazzle them with a little science—and get him unstuck. Scientists call it thermal conductivity. Icy-cold metal extracts heat and moisture from that youthful tongue and puts Junior in a fix, says Frank J. DiSalvo, professor of physical science at Cornell University. So what should you do, besides run for a camera? Grab a glass of warm—not hot—water, says DiSalvo. Pour the water slowly over the point of attachment and this will raise the temperature of the metal enough to painlessly release the tongue.
—JEANNE AMBROSE

{ home remedy }

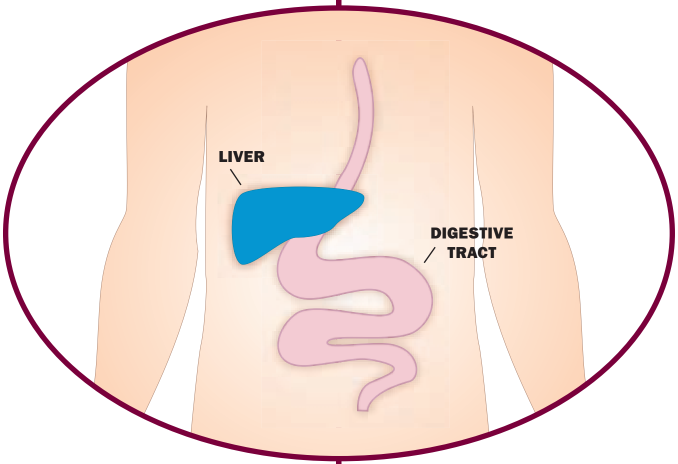
GREEN TEA FOR ARTHRITIS

Four to six cups of green tea throughout the day may be helpful in keeping arthritis and other chronic diseases at bay. "Globally, green tea has been studied for different ailments—cancer, cardiovascular conditions, and more—and the results have been impressive," says Salah-Uddin Ahmed, Ph.D., an assistant professor of pharmacology at the University of Toledo. "We have found in experimental systems and animal models that components in green tea can inhibit certain proteins that cause disease, especially arthritis," he says, adding that clinical trials are needed to determine if green tea and its components have similar benefits in humans.

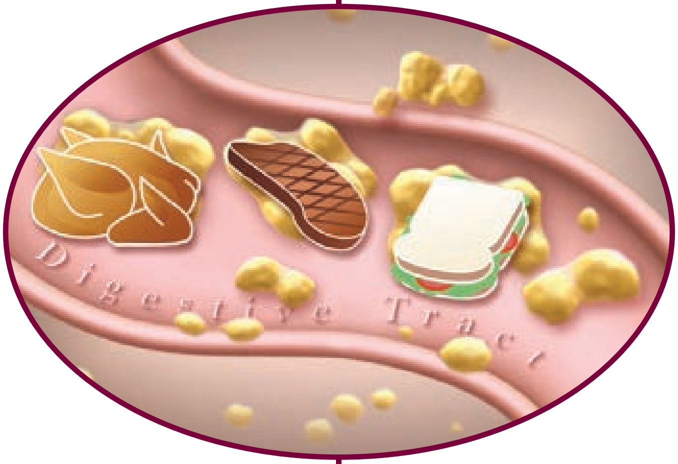
PHOTOS: (SKIING) VEER; (TEA): GETTY IMAGES

An inside look at a **different** way to help lower cholesterol.

Statins, a good option, work mainly with the liver. **ZETIA works in the digestive tract,** as do some other cholesterol-lowering medicines.



Cholesterol from food is absorbed when it enters the digestive tract.



ZETIA is unique in the way it helps block the absorption of cholesterol that comes from food. **Unlike some statins, ZETIA has not been shown to prevent heart disease or heart attacks.**

A healthy diet and exercise are important, but sometimes they're not enough to get your cholesterol where it needs to be. ZETIA can complement your efforts. When added to a healthy diet, ZETIA can lower bad cholesterol (LDL) by an average of 18%. Individual results may vary.

Important Risk Information About ZETIA: ZETIA is a prescription medicine and should not be taken by people who are allergic to any of its ingredients. If you have ever had liver problems, are nursing or pregnant or may become pregnant, a doctor will decide if ZETIA alone is right for you.

Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. In clinical studies, patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and tiredness.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the more detailed information about ZETIA on the adjacent page.
For more information, call **1-800-98-ZETIA** or visit **zetia.com**.

Zetia®
(ezetimibe) Tablets

A different way to help fight cholesterol

Ask your doctor if ZETIA is right for you.

Merck/Schering-Plough Patient Assistance Program

To find out if you qualify, call 1-800-347-7503.

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ZETIA® (EZETIMIBE) TABLETS
PATIENT INFORMATION ABOUT *ZETIA* (zĕt´-ē-ă)

Generic name: ezetimibe (ĕ-zĕt´-ĕ-mīb)

Read this information carefully before you start taking ZETIA and each time you get more ZETIA. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about ZETIA, ask your doctor. Only your doctor can determine if ZETIA is right for you.

WHAT IS *ZETIA*?

ZETIA is a medicine used to lower levels of total cholesterol and LDL (bad) cholesterol in the blood. ZETIA is for patients who cannot control their cholesterol levels by diet and exercise alone. It can be used by itself or with other medicines to treat high cholesterol. You should stay on a cholesterol-lowering diet while taking this medicine.

ZETIA works to reduce the amount of cholesterol your body absorbs. ZETIA does not help you lose weight. ZETIA has not been shown to prevent heart disease or heart attacks.

For more information about cholesterol, see the "What should I know about high cholesterol?" section that follows.

WHO SHOULD NOT TAKE *ZETIA*?

- Do not take ZETIA if you are allergic to ezetimibe, the active ingredient in ZETIA, or to the inactive ingredients. For a list of inactive ingredients, see the "Inactive ingredients" section that follows.
- If you have active liver disease, do not take ZETIA while taking cholesterol-lowering medicines called statins.
- If you are pregnant or breastfeeding, do not take ZETIA while taking a statin.
- If you are a woman of childbearing age, you should use an effective method of birth control to prevent pregnancy while using ZETIA added to statin therapy.

ZETIA has not been studied in children under age 10.

WHAT SHOULD I TELL MY DOCTOR BEFORE AND WHILE TAKING *ZETIA*?

Tell your doctor about any prescription and non-prescription medicines you are taking or plan to take, including natural or herbal remedies.

Tell your doctor about all your medical conditions including allergies.

Tell your doctor if you:

- ever had liver problems. ZETIA may not be right for you.
- are pregnant or plan to become pregnant. Your doctor will discuss with you whether ZETIA is right for you.
- are breastfeeding. We do not know if ZETIA can pass to your baby through your milk. Your doctor will discuss with you whether ZETIA is right for you.
- experience unexplained muscle pain, tenderness, or weakness.

HOW SHOULD I TAKE *ZETIA*?

- Take ZETIA once a day, with or without food. It may be easier to remember to take your dose if you do it at the same time every day, such as with breakfast, dinner, or at bedtime. If you also take another medicine to reduce your cholesterol, ask your doctor if you can take them at the same time.
- If you forget to take ZETIA, take it as soon as you remember. However, do not take more than one dose of ZETIA a day.
- Continue to follow a cholesterol-lowering diet while taking ZETIA. Ask your doctor if you need diet information.
- Keep taking ZETIA unless your doctor tells you to stop. It is important that you keep taking ZETIA even if you do not feel sick.

See your doctor regularly to check your cholesterol level and to check for side effects. Your doctor may do blood tests to check your liver before you start taking ZETIA with a statin and during treatment.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF *ZETIA*?

In clinical studies patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and feeling tired.

Patients have experienced severe muscle problems while taking ZETIA, usually when ZETIA was added to a statin drug. If you experience unexplained muscle pain, tenderness, or weakness while taking ZETIA, contact your doctor immediately. You need to do this promptly, because on rare occasions, these muscle problems can be serious, with muscle breakdown resulting in kidney damage.

Additionally, the following side effects have been reported in general use: allergic reactions (which may require treatment right away) including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing, rash, and hives; raised red rash, sometimes with target-shaped lesions; joint pain; muscle aches; alterations in some laboratory blood tests; liver problems; stomach pain; inflammation of the pancreas; nausea; dizziness; tingling sensation; depression; headache; gallstones; inflammation of the gallbladder.

Tell your doctor if you are having these or any other medical problems while on ZETIA. For a complete list of side effects, ask your doctor or pharmacist.

WHAT SHOULD I KNOW ABOUT HIGH CHOLESTEROL?

Cholesterol is a type of fat found in your blood. Your total cholesterol is made up of LDL and HDL cholesterol.

LDL cholesterol is called "bad" cholesterol because it can build up in the wall of your arteries and form plaque. Over time, plaque build-up can cause a narrowing of the arteries. This narrowing can slow or block blood flow to your heart, brain, and other organs. High LDL cholesterol is a major cause of heart disease and one of the causes for stroke.

HDL cholesterol is called "good" cholesterol because it keeps the bad cholesterol from building up in the arteries.

Triglycerides also are fats found in your blood.

GENERAL INFORMATION ABOUT *ZETIA*

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use ZETIA for a condition for which it was not prescribed. Do not give ZETIA to other people, even if they have the same condition you have. It may harm them.

This summarizes the most important information about ZETIA. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about ZETIA that is written for health professionals.

Inactive ingredients:
Croscarmellose sodium, lactose monohydrate, magnesium stearate, microcrystalline cellulose, povidone, and sodium lauryl sulfate.

Issued May 2009
REV 20

29480877T

Zetia®
(ezetimibe) Tablets

MERCK / Schering-Plough Pharmaceuticals

Manufactured for:
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North Wales, PA 19454, USA

20950061(7)(877)-ZET

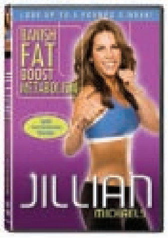
is it normal?

THAT MY TEEN HASN'T LOST ALL HER BABY TEETH?

For most kids, the first of 20 baby teeth comes in around 6 months, and the last one falls out around age 12. But there can be a great deal of variation. Some kids don't get their first teeth until later. These are the same kids who are more likely to lose them later, sometimes well into the teen years. If your teen still has baby teeth, it may be that she is just on a later schedule. It only becomes a problem if a permanent tooth is ready to come in while a baby tooth is still in place. If this happens, the permanent tooth could become impacted—then the baby tooth needs to be removed, says Dr. Joanne Oppenheim, a pediatric dentist in Chicago. If your child hasn't lost all her primary teeth by 12 or so, ask a dentist to have a look. —AVERY HURT

{ DVD of the month }

JILLIAN MICHAELS' *BANISH FAT, BOOST METABOLISM*



TV's *The Biggest Loser* trainer Jillian Michaels has her own series of exercise videos, the latest of which is *Banish Fat, Boost Metabolism*. All she asks is that you bring a mat and some attitude before firing up the DVD player. After a warmup, she'll lead you through seven cardio circuits for an intense 40-minute workout. The moves are simple enough that you're never left struggling to keep up. $11, *amazon.com* —BROOKLYN PRESTA

PHOTO: VEER

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LEGAL NOTICE OF PROPOSED SETTLEMENT

If in 2007 or Earlier You Purchased or Received as a Gift a New

Mattel or Fisher-Price Toy,

You May Be Entitled to a Payment from a Class Action Settlement

Para una notificación en Español, visitar nuestro sitio Web, www.mattelsettlement.com.

A proposed settlement has been reached in a class action lawsuit involving certain Mattel and Fisher-Price toys that were sold in the United States and subject to recalls or withdrawn from the market in 2006 and 2007. The lawsuit claims that Mattel and other companies ("Defendants") violated the law by designing, making, marketing and selling toys with excessive levels of lead, and small magnets that could become loose. Defendants deny they did anything wrong. The settlement will provide refunds to certain "Class Members" who submit "Claim Forms." If you're a Class Member, you may send in a Claim Form to get a refund in the form of a check or voucher. **Claim Forms can be obtained at www.mattelsettlement.com or by calling 1-888-955-2715.** A federal court authorized this notice.

Am I a Class Member? You're a Class Member if you purchased or acquired (including by gift) either: (1) a toy subject to a Mattel recall on 11/21/06, 8/2/07, 8/14/07, 9/4/07, or 10/25/07; or (2) certain blood pressure monitor cuffs in toy medical kits (collectively called the "Recalled Toys"). To see if a toy you bought or received as a gift may be a recalled toy, go to **www.mattelsettlement.com** and review "Exhibit A" for a list of affected product names and numbers or follow the online claims process.

What Does the Settlement Provide? In addition to refunds for Class Members, Mattel agreed to reimburse Class Members who incurred out-of-pocket costs for lead testing of a child as a result of his/her exposure to a Recalled Toy within 6 weeks of the Recall announcement. Mattel also agreed to implement and maintain a toy safety program for three years, and to donate $275,000 to the National Association of Children's Hospitals and Related Institutions.

What Are My Options? To ask for a payment, **you must mail a Claim Form or submit it online at www.mattelsettlement.com by May 29, 2010.** If you don't wish to be in the settlement, exclude yourself from the Settlement Class by **February 22, 2010**. Or stay in and object to the settlement by **February 22, 2010. If you do not exclude yourself, you will be bound by the Court's Order, but individual personal injury claims are not released.** Visit **www.mattelsettlement.com** or call 1-888-955-2715 for more details about the settlement, your rights, and how to file a Claim Form for a payment.

The Court will hold a hearing at 1:30 p.m. on **March 15, 2010** to consider whether to approve the settlement, and whether to grant Co-Lead Counsel's request for $12.9 million in attorneys' fees and expenses, to which Mattel does not object. You don't have to attend the hearing. **Please do not contact the Court directly.**

For more Information, go to:
WWW.MATTELSETTLEMENT.COM
OR CALL 1-888-955-2715
CLAIM FORMS MUST BE POSTMARKED OR SUBMITTED ONLINE BY MAY 29, 2010.

RESOURCES

SOME PRODUCTS SHOWN EDITORIALLY IN *BETTER HOMES AND GARDENS®* MAGAZINE CAN BE OBTAINED LOCALLY. FOR MORE INFORMATION OR DEALER LOCATIONS, CONTACT MANUFACTURERS LISTED.

ON OUR COVER
25 WAYS TO CONQUER CLUTTER
Page 34: glass cylinders—Organize.com. Fabric on boxes—Galbraith and Paul(to the trade); galbraithandpaul.com. Label holders—Van Dyke's Restorers; 800/558-1234; vandykes.com. Wallpaper—Osborne & Little (to the trade), New York City; 212/751-3333; osborneandlittle.com. Sheets and towels—L.L. Bean; 800/441-5713; llbean.com. Cabinets—West Elm; 866/937-8356; westelm.com. Bubble bath, round bottle of perfume—LoLLIA; beauty.com/LoLLIA.

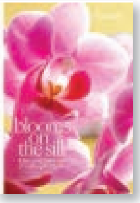
SWAP TILL YOU DROP
Page 20: dining table, chairs, bench, "Amaya"—World Market; 877/967-5362; worldmarket.com (product varies by location). Rug, "Zipper" (Chocolate)—Dash & Albert Rug Co.; 800/442-8157; dashandalbert.com.
Page 22: decorative papers, "Golden Cherry Blossom"—Snow & Graham; snowandgraham.com.

NO SMALL ORDER
Page 27: floor lamp, "Stockholm," book shelves, magazine files, green graphic pillow—IKEA; ikea.com. Framed alphabet poster—Honey & Bloom; honeyandbloom.com. Striped rug—Dash & Albert Rug Co.; 800/442-8157; dashandalbert.com.
Pages 28-29: wall color, "Gossamer Blue," "Grand Teton White"—Benjamin Moore & Co.; benjaminmoore.com. Coat rack, Eames "Hang it All"—Herman Miller; hermanmiller.com. Wooden toy toaster, tea set—Plan Toys; plantoys.com. Art easel, red chair, orange rocking chair, globes—vintage. Yellow bird framed poster, "The Decemberists" poster—Hero Design Studio; heroandsound.com. Rug, "Cat's Paw" pillow—Dash & Albert Rug Co. (see previous). Console, green graphic pillow, white file drawers, "Helmer," table—IKEA (see previous). "Criss cross" bubble light, by George Nelson—hive; 866/663-4483; hivemodern.com.
Pages 30-31: letters (K R L), boxes on files, clock, desk, teapot, desk chair, paper on wall behind shelves—vintage. Wall color, "Grand Teton White"—Benjamin Moore & Co. (see previous). Table, chairs, modified light fixtures, white file drawers, shelves—IKEA (see previous). Fabric on vintage chair, "Lollipop Flowers"—Super Buzzy; superbuzzy.com. White boxes under desk, gray magazine holders—BIGSO; bigso.se. Scale—Lee Valley Tools; leevalleytools.com.
Page 32: print above bed (from book and calendar "Snowy & Chinook")—Simply Read Books; simplyreadbooks.com. Pull dog, Nara Yoshitomo—Vilac; vilac.com. Owl clock, pillow—vintage. Girl money box—Three Potato Four; threepotatofourshop.com. Shelves, cubbies—next by Linea; next.com. Wooden toys—Plan Toys (see previous). Woolen baby slippers—purlsoho .com. Brio dog—brio.knex.com.

HOME STRETCH
Pages 42-48: design and construction supervision—homeowners Andy Philhower and Gabriel Ceballos. Contractor—Blake Shaw, BlakeShaw Homes; blakeshawhomes.com.
Pages 42-43: rug—Myers Carpet; 404/352-8141; myerscarpetatlanta.com. Cocoa cotton sofa—Crate & Barrel; crateandbarrel.com. Chairs, similar style available—Ethan Allen; ethanallen.com. Iron coffee table, designed by homeowners—Metal Creations; 770/476-8162. Draperies, custom—Warren Almand; 678/642-0669. Drapery fabric—Forsyth Fabrics; 404/351-6050; forsythfabrics.com. Black iron curtain rods, custom—Home Depot (for retail stores) homedepot.com. King of Spades painting on mantel—Antiques & Beyond; antiquesandbeyond.com. Pillows on sofa, jars, and vases—Erika Reade Ltd.; 404/233-2857. Silk pillows on chairs—made by homeowner. Fireplace screen—Restoration Hardware; restorationhardware.com.
Pages 44-45: Harry Bertoia barstools—All Modern; allmodern.com. Corona pendant light—Mitchell Gold + Bob Williams; for retail information 800/789-5401; mgandbw.com. Draperies and hardware—IKEA; ikea.com. Pian De Palma 16x16-inch honed limestone floor tiles—Ceramic Technics, Ltd.; 770/740-0050; ceramictechnics .com. Antique table—personal belonging. Chairs—Crate & Barrel; crateandbarrel.com. Antique chandelier—Twelve Boutique; 404/541-2357; twelveatlanta.net. Brown Quartzite natural stone countertop—Bella Maria Inc.; 706/543-4144. White mosaic glass tile backsplash—Traditions in Tile and Stone; traditionsintile.com. DCS professional cooktop and Jenn-Air oven—Jenn-Air Customer Service; 800/688-1100; jennair.com. Vent hood—Tomorrows Kitchen; 815/464-0886; tomorrowskitchen.com. Fruit bowl—HomeGoods (for retail stores); 800/614-4663; homegoods.com (product line varies). Desk (IKEA legs and antique wood tops)—made by homeowner. Sisal rug—Myers Carpet (see previous). Art—photo by homeowner. Frame—Pottery Barn; potterybarn.com. Vintage lamp and chairs—Antiques & Beyond (see previous). Chair fabric—Lewis and Sheron Textiles (see previous). Custom shutters—Southern Shutter Co.; 800/344-8590; southernshutter.com.
Pages 46-47: porcelain tiles on floor and walls (Beige) 12x24-inch, glass tiles—Traditions in Tile and Stone; 800/906-5523; traditionsintile.com. Crème marfil marble countertop—Bella Maria Inc. (see previous). Fixtures, "Toto"—European Sink; 770/936-0512; europeansinkatlanta .com. Rug—Myers Carpet; 404/352-8141; myerscarpetatlanta .com. Mid-century chair, vintage lamp—Antiques & Beyond (see previous). Fabrics, headboard, throws, and draperies—Lewis and Sheron Textiles; LSFabrics.com. Bedside tables—Mitchell Gold/Bob Williams; yes4me.com. Headboard, throws, draperies, framed photos—designed/fabricated by homeowner.
Page 48: wooden sink pedestal—designed by homeowner. Franz Viegener vessel sink—Bellacor; bellacor.com. Carrara marble countertop—Bella Maria Inc. (see previous). Sconce—Restoration Hardware; restorationhardware.com. Grasscloth wallcovering—Brookhaven Home Wallpaper & Blinds; 404/231-1887. Faucet, "Toto"—European Sink (see previous). southernshutter.com.

HONEY
Page 51: tile, "Keystone Shapes" (Cornsilk)—Daltile Corp.; 800/933-8453; daltileproducts.com.
Page 54: interior designer—Tina Barclay, Allied Member ASID, Barclay Interior Design Group; 503/635-1278. Drapery fabric, #89619349, "Riley Linen Stripe" (Honey), chair cover fabric, #83710-301 "Ginger Woven" (Butter)—Brunschwig & Fils (to the trade); brunschwig. com. Trim for drapery and chairs, #927727918 "Belagio Border" (Butterscotch, Gold, Cream)—Samuel & Sons (to the trade); 212/704-8000. Reed window shades, #03 "Weave" (Summer Flaxen)—Hartmann & Forbes; 888/582-8780; hfshades.com. Light fixture, "Reflexion 80 Pendant" silk by Taller Uno—through Lighting Universe; 206/762-7335. Table, slipcovers, custom design—Barclay Interior Design Group (see previous). Floors, hand scraped hickory—Patina Old World Flooring; 805/648-7521; patinafloors.com. Area rug, "Tempo" (Apricot)—Tufenkian Carpets of Portland; 800/753-7847. Hurricanes—Bedford Brown, Inc.; 503/227-7755.

MULTI TASKED
Pages 56-60: architect—Steven A. Brown Architecture; 858/756-7323. Interior designer—Kristin Lomauro-Boom Interior Design, Allied Member ASID; 619/298-6607; kristinlomauro.com. Painter—Thomas Fiss; 619/708-5533. Cabinetry—Kaufman's Kabinets; 760/591-9880. Floor painter—Tasha Loadon; 619/708-0473; email: tasha@artbytasha.com.
Page 56: sink, Harborview K6607-1, faucet—Kohler Co.; 800/456-4537; kohler.com. Hardware—Acorn; acornmfg .com. Wall/floor paint, DE5329—Dunn-Edwards Paints; 888/337-2468; dunnedwards.com. Cabinetry paint, "Tequila" #8672W, floor paint, "Tavern Taupe" #8673—Frazee Paint; colorlifesystem.com. Glass jars, rattan baskets—Target Stores; for a location target.com. Slate island surface, "Pietra de Cordoza"—Tutto Marmo Inc.; tuttomarmoinc.com. Slate mosaic backsplash tiles—International Bath and Tile; 858/268-3723; ibtsdiego.com.
Page 59: laundry products—Caldrea; caldrea.com. Ironing station—Iron-A-Way; 800/536-9495; ironaway.com. Personalized papers—Erin Condren; erincondren.com.
Page 60: desk paint, #001—Frazee Paint (see previous). Grass cloth wallpaper on bulletin board—Winfied Design, through designer. Dorchester stool—Ballard Designs; 800/367-2775; ballarddesigns.com. Bins—The Container Store; for a catalog; 888/266-8246; containerstore.com. Spool holder—personal belonging. Chalkboard labels on woven baskets—Pottery Barn; potterybarn.com.



BLOOMS ON THE SILL
Pages 67-71: orchids—E.F.G. Orchids, Inc., 4265 Marsh Rd., DeLand, FL 32724; 386/738-8600; efgorchids.com; email: powergrown@aol.com; orchids.com. Phalaenopsis—Costa Farms; costafarms.com; These orchids can be found at Lowes, Home Depot, and other retailers. Extensive orchid information—The American Orchid Society; aos.org. Clear plastic pots—Charley's Greenhouse; 800/322-4707; charleysgreenhouse.com.

GROWTH FUN
Page 72: biodegradable coir pots—Greenhouse Mega Store; 888/281-9337; greenhousemegastore.com. Green Nation Gardens; 866/496-2540; greennationgardens.com.
Page 75: potmaker, item # N3900-020, a tool for making newspaper pots—Organics Ltd.; organicsltd.com. For a how-to video on making newspaper pots; ehow.com/video_1745_create-seed-starting.html. Grow light—Gardener's Supply; 888/833-1412; gardeners.com/bhg.
Page 77: Ferry Morse seeds—store locator; ferry-morse.com. Jiffy Pot (peat pellets)—Gardener's Supply (see previous).
Page 79: mini cold frame (discontinued), larger cold frame available—allgreenhouses.com; 800/675-4083; dripdepot.com.
Page 80: white plant markers—Charley's Greenhouse; 800/322-4707; charleysgreenhouse.com. Botanical Interests seeds—Botanical Interests, Inc.; 720/880-7293; botanicalinterests.com. Seed catalogs—Select Seeds; 800/684-0395; selectseeds.com. Seed Savers Exchange; 563/382-5990; seedsavers.org. Thompson & Morgan; 800/274-7333; tmseeds.com. Baker Creek Heirloom Seeds; 417/924-8917; rareseeds.com. Burpee; 800/333/5808; burpee.com. Park Seed Co.; 800/213-0076; parkseed.com. Mail Order Gardening Association; mailordergardening.com.

BEAUTY
Pages 83-87: Sephora Brand Double-Ended Color Dipped brushes—Sephora stores; sephora.com. Yves St. Laurent Volume Effet Faux Cils mascara—select department stores; 866/554-4975; yslbeautyus.com. Dior DiorShow mascara—Sephora stores and select department stores; sephora.com; beauty.dior.com. Hard Candy Ginormous Lash Volumizing Mascara—Walmart stores; walmart.com. Laura Mercier Shimmer Bloc—select department stores and Sephora stores; sephora.com, lauramercier.com. Avon ANEW Reversalist—from Avon representatives; 800/500-2866; avon.com. Prescriptives beauty products—select department stores; prescriptives.com.

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LIKE MANY 1950s RANCH HOMES, this one was built with gleaming steel kitchen cabinets. By the '70s, though, the cabinets had lost their luster and were put to work in the garage. When water damage from a leaky dishwasher forced Kristina Mann—who owns the Dayville Cafe, in Dayville, Oregon—into a major makeover, she sent the old metal cabinets out for a fresh paint job and returned them to their rightful place. "They were just too cool to be in the garage," she says. She found the sink and other fun midcentury accessories through Internet searches.

Send your I Did It! to 1716Locust@meredith.com.

PHOTO: JON JENSEN

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